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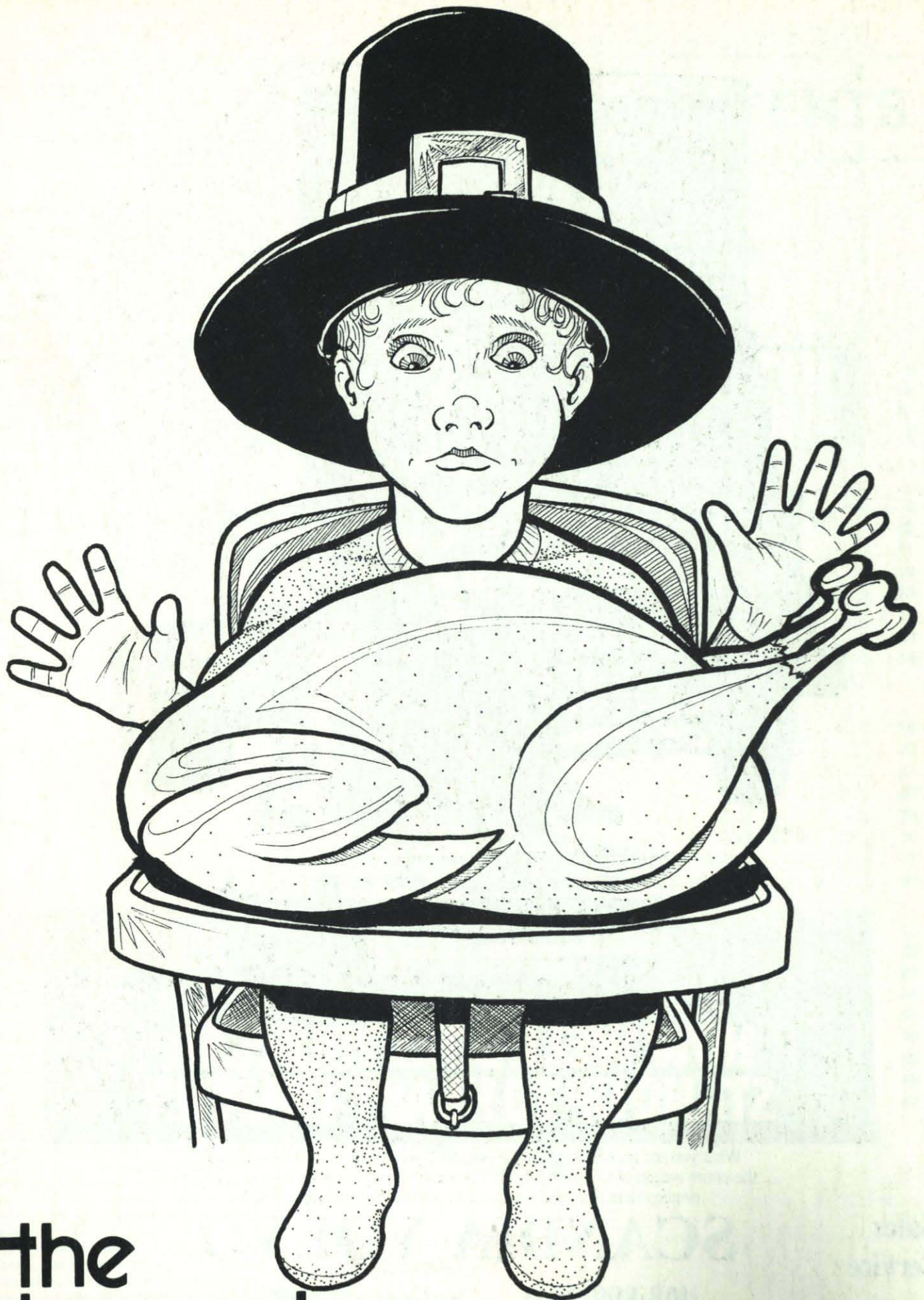
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OFFICER STUDENTS WIVES CLUB MAGAZINE

VOLUME 3, NO. 9

NOVEMBER



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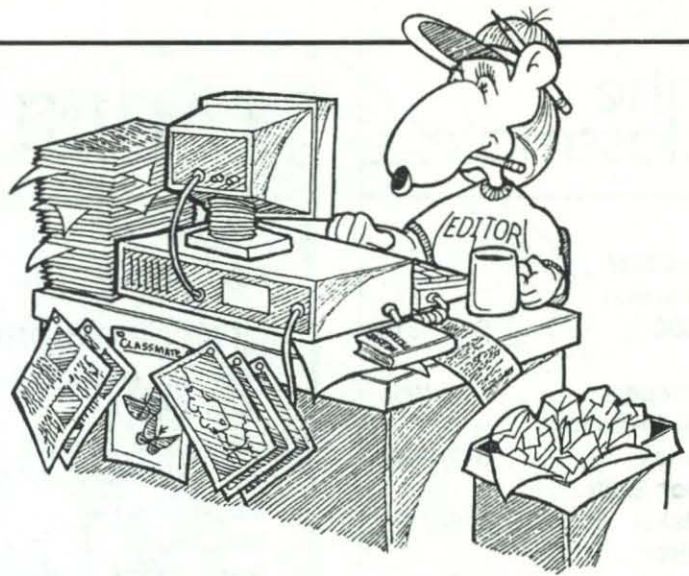
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On the Cover: "The Littlest Pilgrim"
by Gus Stafford

Editor's Note

by Nancy Lawson



November has arrived and I can hardly believe that we have been in Monterey 15 months. Our time here is passing quickly, or at least that is how it seems to me. My husband insists that he has been in school only 15 days and has at least 1500 more to go. Now that we have experienced our first "real" earthquake I am hoping it is more like 150.

Oh well, November is not a time to complain, instead it is time to count our blessings. As Connie Donner prepares to head to Oregon, she shares with us the many reasons she has been thankful to live in La Mesa. Joyce McGowan tells us of a trip she made as a child

when she learned the true meaning of being poor and being thankful! In "Stormy Weather", Mary Anne Schneider shares with us some of her Thanksgiving memories and in "Paw Prints" you will read about "Small Blessings". A new member of our staff, Leigh Gardener fresh in from Virginia, shares her feelings about her first "La Mesa Thanksgiving" and the many reasons she is thankful.

Most of our extended families live

far away. Since Thanksgiving only allows us one day off from school and work, most of us will spend it at home. Take advantage on this special day to be thankful for "Maw Bell" and the special friends you have made at your many duty stations. Some of my fondest memories of Thanksgiving are those I've spent with friends. ■

DECEMBER FOCUS:
Christmas Memories

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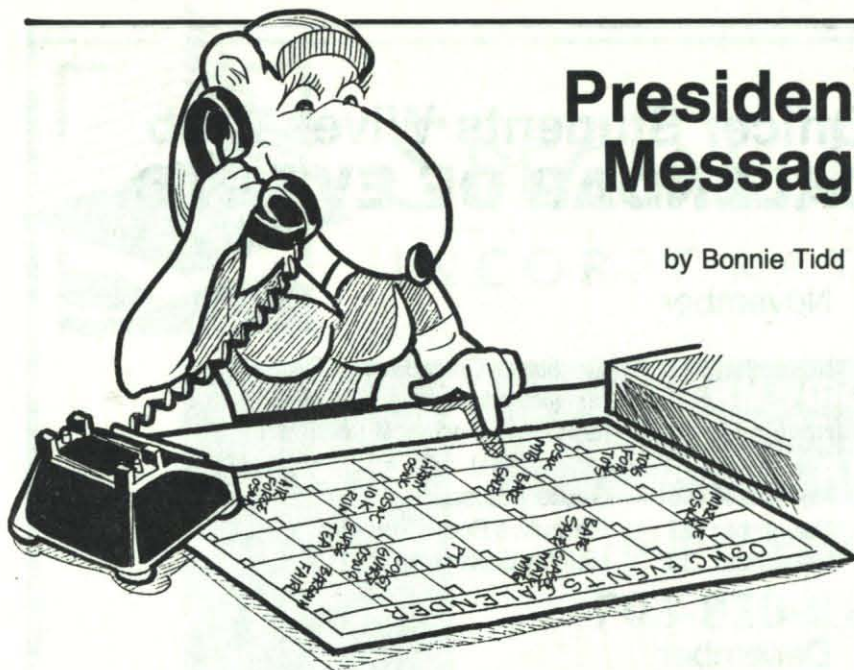
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President's Message

by Bonnie Tidd

October is past. The Navy Birthday Ball was wonderful and the children have tricked and been treated during the Halloween parade. I wish to thank all those involved with the October events. Now, yes Virginia it is true! Thanksgiving and Christmas are almost here. The Officer Students Wives Club, OSWC, has many wonderful events planned for November and early December. Please consult the OSWC calendar of events in this issue of the *Classmate* for dates. Plan to set

aside some of Saturday, November 4 for the Christmas Craft Bazaar and get ready for Christmas goodies with the November 30 Bake Sale. The Nordstrom's trip is on for November 18, sign up as soon as possible. There will be a waiting list if you are not among the first 43 to sign up.

I would like to welcome aboard all the new families who joined us in September and October.

I would also like to address two accidents which occurred in September

of this year. Two La Mesa children were seriously injured, one at home off base and the other coming home from school in La Mesa Village. Both children are going to be fine, however these accidents have pointed out the need for safety education of children as well as adults in La Mesa. The La Mesa PTA has formed a committee to seek ways of teaching safety to the children of La Mesa. Please contact the PTA if you wish to help; however, I feel that we as parents and drivers can do more to make our La Mesa Village a safer place for our children. I urge all drivers in La Mesa, myself included, to leave a minute earlier than usual so that you do not have to rush through La Mesa Village. Most speed limits are 15 mph. Also keep your eyes open for the little ones, we have a bumper crop of children this year. Parents please teach your children who ride bicycles the rules of the road. Many times the skateboarders and bikers come down the hill on Shubrick and through the four way stop without looking. There are many more things which can be done but are too numerous to address here.

I wish all of you a safe and Happy Thanksgiving Holiday.

OSWC MEMBERSHIP

The OSWC is the Officer Students' Wives' Club of the Naval Postgraduate School for the spouses of all students. In addition to sponsoring monthly activities such as luncheons, OSWC also sponsors the Art Auction, Adobe Tour, International Students' Wives Tea and many other Holiday events. Dues collected entitle you to member discounts as well as monthly *Pink Flyers* and the OSWC Directory. To obtain membership, fill out the form below and send it with a check made out to OSWC to: Libby Salmons, 1296 Spruance, Monterey, CA 93940. Phone 647-8862, SMC #2525. Dues: \$2 per quarter, minimum 4 quarters for new members/renewals (or remainder of duty stay). Membership is free to all International spouses.

SMC # _____ New Member _____ Renewal _____ Active _____ Associate _____

Last Name _____ First _____ Phone # _____

Spouse's Name _____ Rank _____ Service _____

Curriculum _____ Graduation Date (month/year) _____

Address _____ City _____ Zip Code _____

Length of Membership _____ Amount Enclosed \$ _____

Are you interested in committee work? YES _____ NO _____ Volunteer? YES _____ NO _____

Would you like to participate in our club administration? YES _____ NO _____

Do you wish to have your Name, Spouse's Name and Service, Address and Telephone Number in the OSWC Directory? (members only) YES _____ NO _____

Would you like a copy of the OSWC By-Laws? YES _____ NO _____

ST. JAMES



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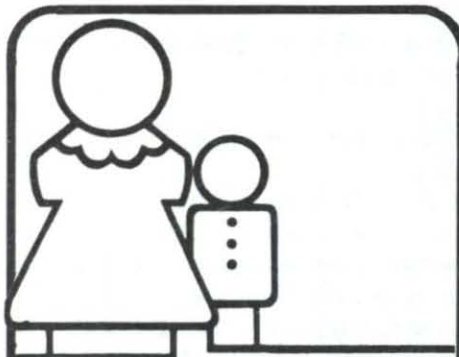
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Officer Students Wives Club CALENDAR OF EVENTS

November

November 4	Christmas Craft Bazaar, Barbara McNitt Ballroom
November 6	Member's Meeting, Function and Place (TBA)
November 16	Section Liaison Tea
November 27	Executive Board Meeting
November 30	Holiday Bake Sale

December

December 2	Bargain Fair, La Mesa Elementary, 10 a.m. - noon
December 3	Children's Christmas Party
December 4-7	Santa Visits
December 9	Tentative Dates for the Giving Wagon
December 10	Member's Meeting, Christmas Party, Place (TBA)
December 18-22	Finals and Graduation

January

January 8	Executive Board Meeting, 5:30 p.m. Member's Meeting, Function and Place (TBA)
January 29	Executive Board Meeting (With Candidates for New Executive Board)

February

February 5	Member's Meeting, Elections, La Novia Room, 7:30 p.m.
February 14	Valentine's Bake Sale
February 15	Welcome Aboard Cramalot
February 25	Hail and Farewell
February 26	Executive Board Meeting (New Board)

March

March 3	Bargain Fair
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★Watch for special announcements regarding monthly OSWC functions. All event dates are subject to change. See current *Pink Flyer* for details and reservations.



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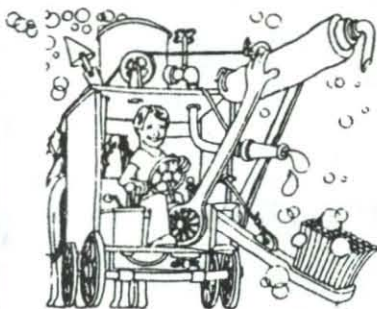
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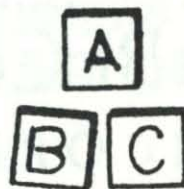
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New Kids on the Block

by Joyce McGowan

A daughter, **Alyssa Anne**, 8 lbs. 6 ozs., on July 26, 1989, to **Mark** and **Camille Guttendorf**.

A son, **William Robert**, 8 lbs. 6 ozs., on July 29, 1989, to **Michael** and **Regina Zimmer**.

A son, **Timothy Joseph**, 7 lbs. 7 ozs., on August 8, 1989, to **William** and **Cheryl Lonchas**.

A son, **Jose Pedro**, 6 lbs. 14 ozs., on August 13, 1989, to **Manuel** and **Maria Mota**.

A son, **Christopher Joseph**, 8 lbs., on August 14, 1989, to **Scott** and **Beth Chilman**.

A daughter, **Danielle**, 6 lbs. 1 oz., on August 21, 1989, to **Tom** and **Jennifer Schaefer**.

A daughter, **Melissa**, 9 lbs. 7 ozs., on August 23, 1989, to **Mike** and **Tina Cady**.

A son, **Michael Gregory**, born on February 11, 1989, adopted on August 23, 1989, by **Greg** and **Susan Allen**.

A son, **Aaron Christopher**, 5 lbs. 11 ozs., on August 29, 1989, to **Chris** and **Leah Harper**.

A daughter, **Rebecca Elisabeth**, 10 lbs. 8 ozs., on September 4, 1989, to **Bill** and **Virginia Ramshaw**.

A daughter, **Joyce Nena**, 8 lbs. 9 ozs., on September 6, 1989, to **Mike** and **Rebecca Wiegand**.

A son, **Andrew Tymonhy**, 10 lbs. 1 oz., on September 6, 1989, to **Tymonhy** and **Becky Caddell**.

A son, **John Joseph**, 9 lbs. 10 ozs., on September 10, 1989, to **Bill** and **Cathy Fields**.

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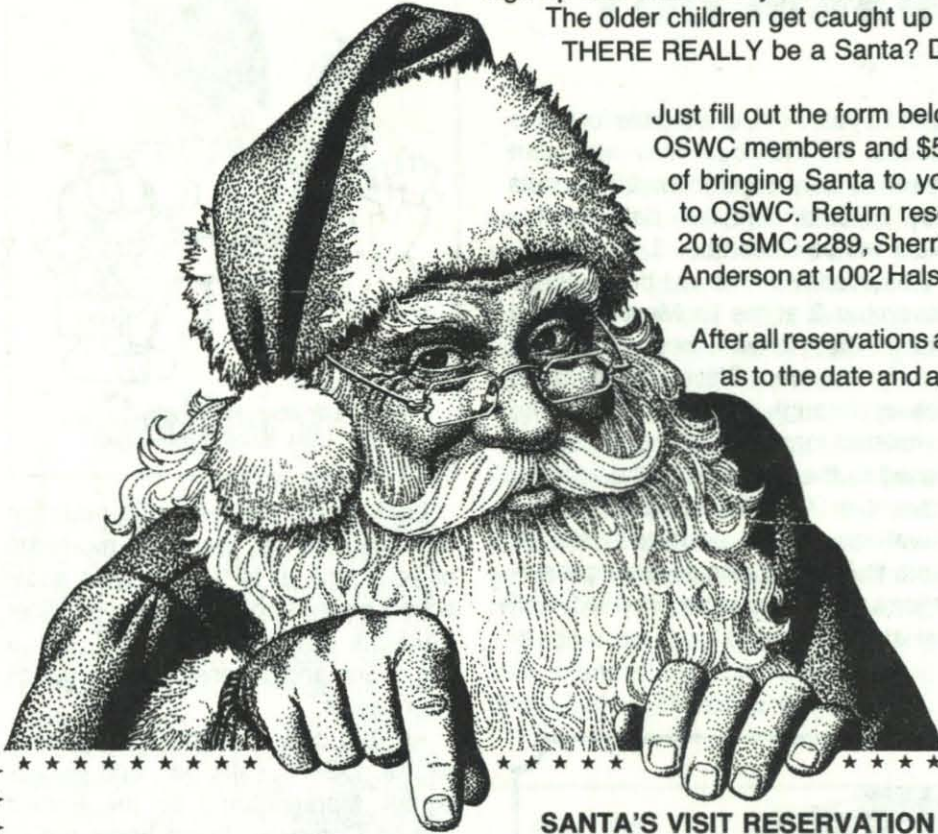
Here Comes Santa Claus!!!

Officer Students Wives Club, OSWC, is sponsoring Santa Visits, Monday, December 4 through Thursday, December 7 from 6:00-8:00 p.m. These visits are limited to La Mesa Village. If you would like a unique experience for your family, sign up now and have your cameras ready to capture the little faces of surprise.

The older children get caught up in the wonder of it all, also. COULD THERE REALLY be a Santa? Don't miss it!

Just fill out the form below and INCLUDE \$3.00 per family for OSWC members and \$5 for non-members to cover the expenses of bringing Santa to your home. Please make your check payable to OSWC. Return reservation request NO LATER than November 20 to SMC 2289, Sherrie Hovatter at 119 Moreell Circle, or Kathy Anderson at 1002 Halsey Drive.

After all reservations are in, you will be notified IN YOUR SMC BOX as to the date and approximate time to expect Santa.



SANTA'S VISIT RESERVATION

Sponsor's Name _____ SMC _____

Phone _____ Address _____

Night Preferred _____ Second Choice _____

List Children's Names and Ages and something special that would be helpful to Santa (In particular, something wonderful about the child and what he/she wants most for Christmas).

ATTACH ADDITIONAL INFORMATION

Bargains Galore!

Are you running out of closet space? Is your storage room overflowing? Or are you the person who is looking for a great buy on carpeting, baby items, furniture or plants? In either case, mark your calendar for the Bargain Fair on December 2. The Officer Students Wives Club, OSWC, will be sponsoring the ever-popular Bargain Fair from 10 a.m. to 12 noon at the La Mesa School.

The cost to rent a space is: OSWC member \$5, non-member \$10. Space size is approximately 8 x 7 feet. Spaces are limited and are on a first come-first serve basis. No more than two spaces will be sold to an individual. Residents of La Mesa Village, students and staff of NPS and their spouses who are at

least 18 years old, are eligible for these spaces. No individual may represent or sell for any organization. No crafts may be sold. The rain date for this event will be December 3.

Reservation forms will be available November 2 at the La Mesa Housing Office, the Convenience Store, the Family Services Office in Herrmann Hall or through the *Pink Flyer*. The completed form and payment must be mailed to the address on the form by November 20, 1989. No telephone reservations will be accepted. We reserve the right to stop accepting reservations when all spaces are filled. See you at the Fair!

NPS TIES and ACCESSORIES



Looking for that perfect graduation or Christmas gift, that ideal memento of your time at NPS, a way to show school pride? Look no further — Officer Students Wives Club, OSWC, has a line of ties and accessories to meet all your needs.

As part of our ongoing fundraising efforts, OSWC sells ties and accessories. Manufactured by the Robert Talbott Company, these items are of the highest quality. We have ties for men, women, and boys, coin purses, cosmetic bags, eyeglass cases, checkbook covers and credit card cases, all bearing the NPS seal. For the cross-stitch enthusiast, we have knits featuring Herrmann Hall and the NPS seal.

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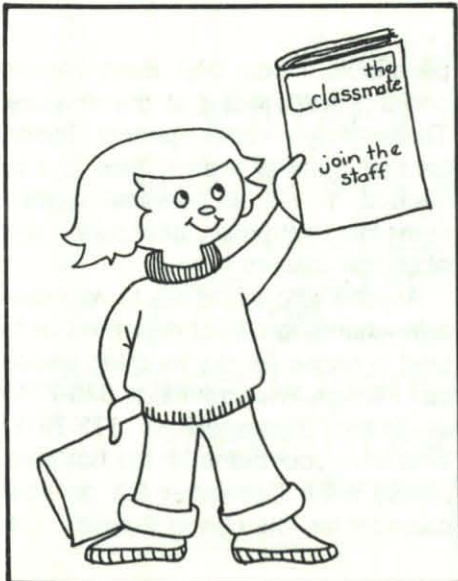
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Eagle's Eye



Gallery

As you settle into your autumn routine, think back to the carnivals of summer. A hot blue sky, the smells of popcorn and cotton candy, the hubbub of voices and music. Who can pass up the excitement and magic of the carousel? These memories come to life in the November show of works by Shari Reese, at the Eagle's Eye Gallery. Shari has taught drawing and painting, and has published several limited edition prints, in addition to her work in oil and watercolor. Visit the gallery in the basement of Herrmann Hall, between 11:30 and 3:00 Monday through Friday, to enjoy the works of our gallery members, and to wander through the world of the carousel. ■



You Make It Possible


by Jennifer Church

Now that Fall and the school season are well upon us and our families, we at Navy Relief would like to offer you a chance to brave the chill air, come down from the hills of La Mesa, and join us here in Herrmann Hall. If you are not familiar with Navy Relief, let us explain: We are an organization, staffed by volunteers, designed to help Navy and Marine Corps service members and their families in times of need. Some of our clients need food or shelter, some have cars that need essential repairs, some need budget counseling, and some just need a little hand getting their finances back on track. The one thing all of our clients have in common,

though, is that they are the only reason that we exist. They create the need for our services, and people like you make our services possible. If you have some time or special skills to share, please call us at 373-7665; or come by our office in Herrmann Hall, downstairs from the Quarterdeck, Monday, Wednesday or Friday from 10 a.m. to 1 p.m. We need interviewers, receptionists, thrift shop workers, and many others — just tell us how you would like to help. We reimburse for child care, so you can help us without dipping into your Christmas money. We sure hope to hear from you soon! ■

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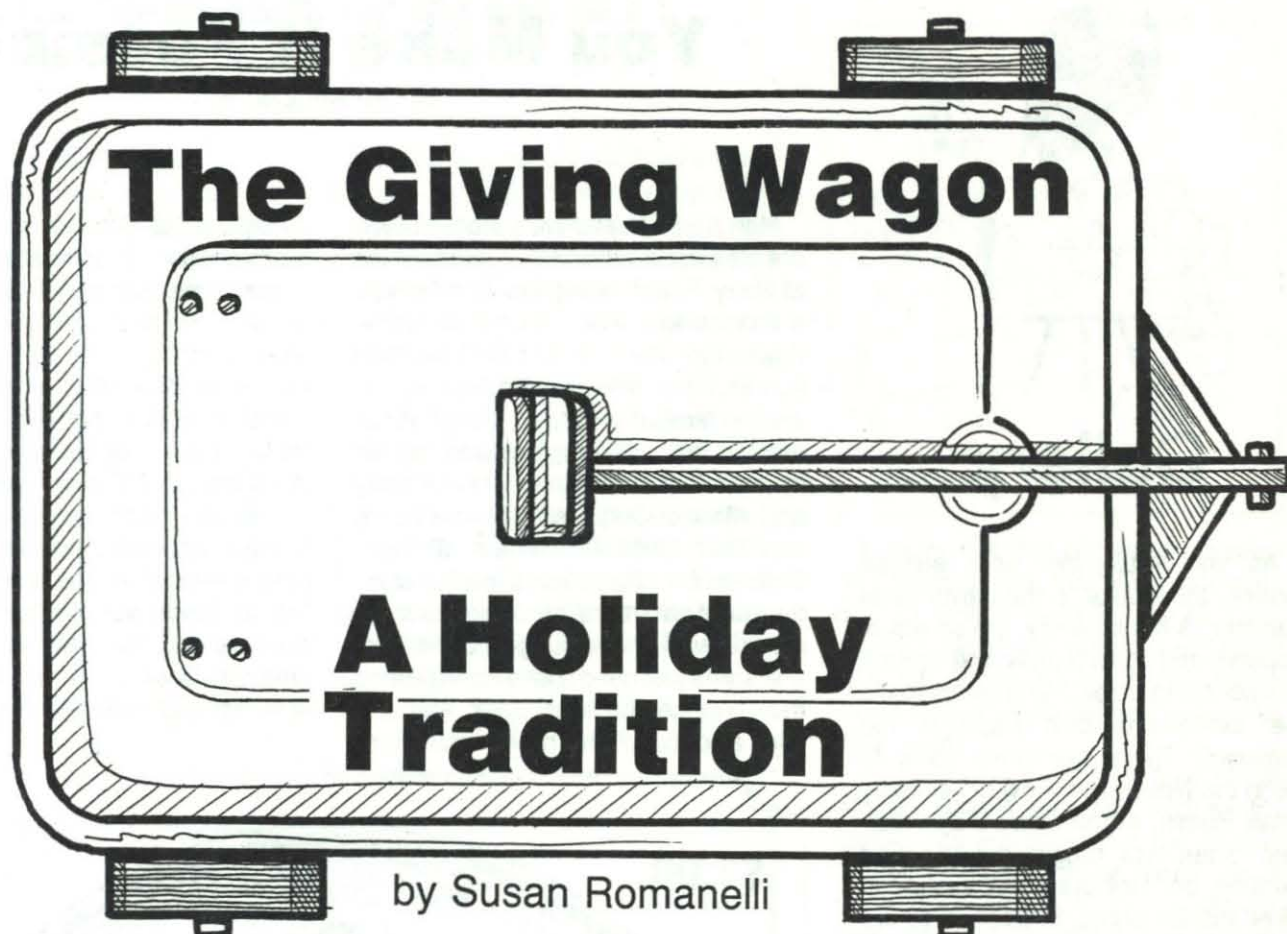
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Round 'em up. Move 'em out. The *Giving Wagons* are coming. The second annual Giving Wagon food drive will get under way Saturday, December 9th. Volunteers dressed in holiday red or green will be bringing their wagons door-to-door through La Mesa to collect canned or dry foods, paper goods, baby products or personal hygiene items between 10 a.m. and 12 noon that day.

The Giving Wagon was created last year by the Officer Students Wives Club, OSWC, to help feed the hungry and homeless of Monterey. It was a

huge success. The thousand cans of food and other items collected enabled two local shelters to stock their pantries and feed hundreds of people for over a week during the busy holiday season.

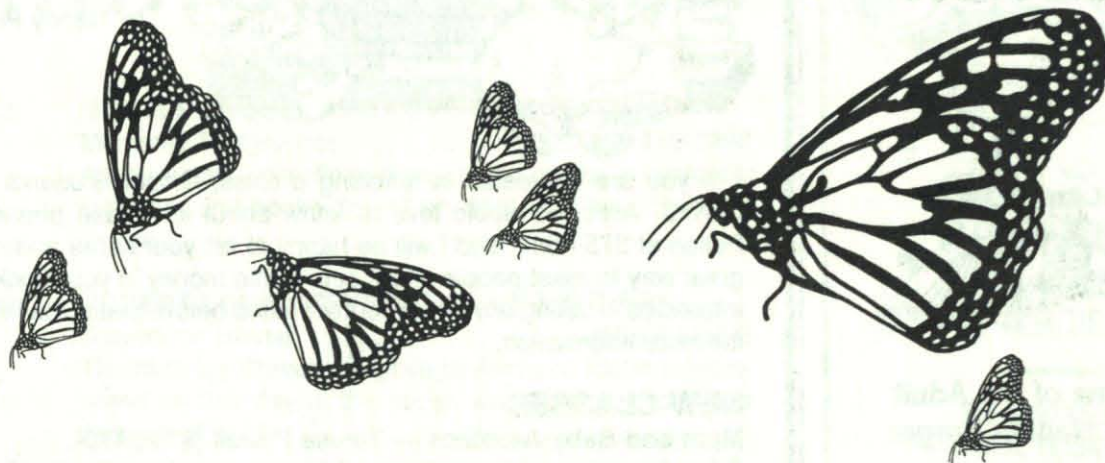
To make this event a success again this year we need your help. If you are moving in December, do not forget to save any canned foods or non-perishable items. If you will not be home on December 9th there will be donation boxes located outside the Convenience Store and the Housing Office from December 4th through 9th. Besides the usual canned foods, non-

perishable foods that don't require cooking are needed at the shelters. These may include peanut butter, canned fruits or stews. Rice is also needed, as well as personal hygiene items like toothpaste, toilet paper, and of course diapers.

Anyone who would like to volunteer a few hours to collect donations or to lend a wagon for the morning please call Pamela Wawrzeński at 373-7346 or Susan Romanelli at 372-7918. Whatever your plans for the holidays, please mark December 9th on your calendar for The Giving Wagon. ■

Butterfly Town, USA

by Phyllis Blackwood



Pine trees are a common sight in Pacific Grove until late October or early November when they attract tens of thousands of the Peninsula's most famous seasonal visitors. Traveling all the way from Alaska, British Columbia and Washington state to winter in their favorite pine groves, these smallest of tourists are, of course, the strikingly lovely Monarch butterflies. Unerringly, the bright orange and black insects migrate to the same pine groves every

year, even though it is the first migration for the individual butterflies. Clusters of the migrants huddle on the trees resembling dead leaves, until the sun warms them and they take flight, filling the sky with vibrant color.

Monarch viewing can be enjoyed through mid-March at the Milar Butterfly Grove Motel and Travel Lodge at 1073 Lighthouse Avenue, Pacific Grove and at Pacific Grove's Washington Park, Sinex and Alder, Mr.

Vern Yadon, Curator of the Pacific Grove Museum of Natural History, usually directs interested parties to the above mentioned motel where the butterfly viewing is more closely supervised.

CAUTION: There is a stiff \$500.00 fine for disturbing the butterflies in any way. Keep this in mind as you view these spectacular wanderers and I'm sure you too will herald Pacific Grove as "Butterfly Town, U.S.A." ■


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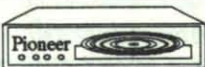
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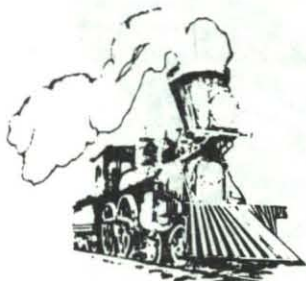
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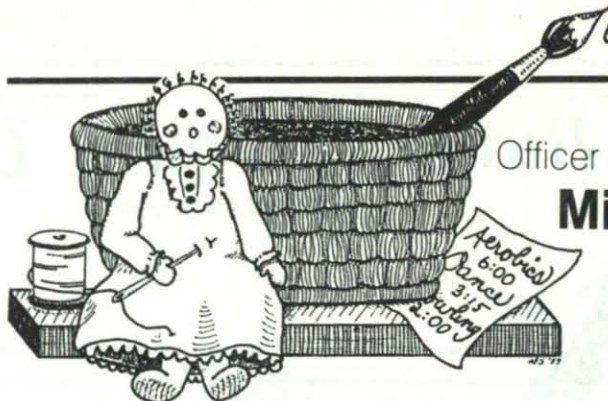
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by Nancy Pullen

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What's Happening

NOVEMBER

November 12 **MONTEREY DOLL AND TOY SHOW**
 Monterey Fairgrounds 415-459-1998
 Antique and collectible dolls, toys, bears, miniatures, supplies, and books are all on display. It's a collector's dream!

November 13 **ROBERT LOUIS STEVENSON'S UN-BIRTHDAY**
 Stevenson House 408-649-2905
 The birthday Stevenson gave to Annie H. Ide is remembered on this day at the house where he stayed in the Autumn of 1879.

DECEMBER

November 30 -
 December 3 **FESTIVAL OF THE TREES**
 Monterey 408-372-5477
 View 30 spectacular Christmas trees, each uniquely decorated with handcrafted ornaments. Shop in the Country Store for gifts from around the world.

December 1 **SPIRIT OF CHRISTMAS TREE LIGHTING & TOY DRIVE**
 Monterey Plaza Hotel 408-646-1700
 Catch the spirit of Christmas and join in the fun at the Hotel's tree lighting ceremony. Bring toys to benefit the Family Resource Centers of Monterey County.

December 1 **CHRISTMAS TREE LIGHTING CEREMONY**
 Colton Hall 408-646-3866
 The City of Monterey ushers in the holiday season with its annual lighting of the Christmas Tree. Choral groups and bands perform holiday favorites, Santa makes a special appearance, and refreshments are served.

December 5 **CHRISTMAS AT THE INNS**
 Pacific Grove 408-649-8270
 The innkeepers of Pacific Grove's historic bed and breakfast inns open their doors and invite visitors to view the inns in all their holiday splendor.

December 6 **WEIHNACTSMARKT**
 The Barnyard 408-624-8886
 A European open-market is created by the merchants with Christmas wares and goodies displayed on decorated tables in the gardens. At dusk, St. Nicholas arrives on a white horse to light the giant Christmas tree.

December 8 **LA POSADA AND PINATA PARTY**
 Monterey Conference Center 408-646-3866
 A traditional candelight parade re-enacts Mary and Joseph's search for lodging. A mariachi band leads the procession through the streets of Monterey followed by a pinata party in the Monterey Conference Center. ■



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Fragile Handle With Care

As the holiday season approaches, here are some shipping hints to help your special packages reach their destinations all in one piece.

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Use cartons in good, rigid condition, not gift boxes. If you re-use a carton, be sure that it is in good condition with no punctures, tears, rips or corners damaged. Remove old labels.
2. **PROTECT IT INSIDE!**
The most common error made in packaging is that the contents are not properly protected inside the parcel. When this happens, shock received from the outside of the carton can pass through to the contents.

Fragile items should be separated. Two to four inches of cushioning material such as styrofoam peanuts, bubble wrap, crumpled grocery bags or shredded paper will do.

Use enough cushioning material so that the contents cannot move easily when you shake the carton. **REMEMBER, THE FURTHER YOU KEEP FRAGILE ARTICLES AWAY FROM THE SIDES OF THE CARTON, THE LESS CHANCE THERE IS OF DAMAGE.**

3. **CLOSE IT PROPERLY.**
To close a carton securely, use a strong tape — 2" or more in width. **DO NOT USE DUCT, MASKING OR CELLOPHANE TAPE. PAPER**

WRAP OR STRINGS ARE ALSO UNSAFE.

4. **LABEL IT CLEARLY.**
Please use only one label per box. Do not place labels over a seam or closure, or on top of sealing tape. Place the label as you would address a letter. If the item being shipped is returned merchandise put your return address inside the carton for proper credit. Bundle or wrap cartons the same size only together.

UPS Shipping Deadlines

December 15 — for economical ground shipping to the East Coast.
December 20 — for 2nd day air (blue label) to all zip codes.
December 23 — for all overnight shipments. ■

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Mammograms Save Lives

by Mary Lou Cataria, R.N.

A dramatic decrease in mortality was seen when Pap smears became widely available. We will see the same decrease for breast cancer if more women can have mammography. According to an American Cancer Society study, only about 15 percent of the eligible women are having mammograms. With the warning that one in ten women will fall victim to the disease and with no clearly defined risk factors for avoiding breast cancer, the other 85 percent of the women are often reluctant to face the problem and simply react with fear relying on luck that they will not be the next victim. The exact cause of breast cancer is unknown, therefore, early detection, not prevention, is emphasized in educational programs.

Today, mammography is a safe and simple way of detecting breast cancer at a stage when it is most curable. The American Cancer Society recommends the following:

35 to 39 years –

Every woman should have a baseline mammogram.

40 to 49 years –

A mammogram every 1 to 2 years, even if no symptoms are present.

50 years and older –

A mammogram every year.

Most of us have heard something about the importance of checking breasts for lumps. It is important for you to be familiar with your breasts so

that you can learn the texture of your normal tissue and be able to recognize change.

Like all body organs, breasts are affected by normal life changes. The breasts are primarily under the influence of ovarian hormones. Most breast tissue is somewhat lumpy or nodular, especially before menstruation or during pregnancy when hormone levels are highest. The breasts are softest after menstruation, when hormone levels are low. Due to the changing hormone levels, most breast lumps come and go. However, if they persist, a doctor's evaluation is required.

Breast texture varies from woman to woman but also in the same woman from week to week and over the years. The American Cancer Society recommends that all women over the age of 20 perform breast self-examination, BSE, once a month. BSE is an important part of breast health care as most cancers are still detected by women

themselves.

Because a negative mammogram does not totally exclude a breast cancer, your physician's examination and advice are essential parts of a survey for breast cancer. Women age 20 to 40 should have a physician's examination every 3 years. All women over age 40 should have an annual breast exam.

The Mammography Center of Monterey was recently opened in response to a community need for low-cost, low-dose radiation mammography. The center is designed to provide complete breast health care for women of all ages. We offer information on how to establish a program of breast health care in the privacy of your own home at no charge. We have a short video for viewing and breast models for hands on practice. We also provide speakers for any groups wishing to know more about mammography and breast health care. 408-373-8932. ■

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Visions of Christmas

by Pat Selling

Winter is here. The dark comes in the late afternoon and the rains begin. There is no more festive way to begin the Christmas season than to be part of the 21st annual *Festival of Trees* with its brilliant points of light and its glittering ornaments, each individual tree rivaling the next in beauty. "VISIONS OF CHRISTMAS", this year's theme, is sponsored by many dedicated volunteers of the Monterey Peninsula Museum of Art. The event will be held at the Monterey County Fairgrounds' Meeting Room, Thursday, November 30 through Sunday, December 3, 10:00 a.m. to 9:00 p.m.

daily except Sunday from 10:00 a.m. until 5:00 p.m.

The trees will be displayed in their full glory for only four days before they are delivered to their respective owners where they will be on view in professional offices, shops, restaurants and hotels on the Peninsula throughout the Christmas season. When the trees come down on the night of December 3 to go to their new "homes", the talented Museum volunteers, who have worked almost all year round creating new designs and unique ornaments, will say goodbye to their special works of art. This year over 100,000

hours of effort will have been contributed by these dedicated volunteers who work at Holman House in Pacific Grove, enjoying the friendships generated there while busy fingers create their special kind of holiday magic. The ornaments are highlighted by a string of lights per foot of tree, so the glittering display is truly a vision of Christmas.

Many more volunteer hours are spent in providing the decor and staging the festival, arranging guided tours, and providing a tasty bit of holiday cheer to all those who visit the Festival. Last year over 70,000 home-made cookies were served with punch, tea and coffee, compliments of the Museum.

Visitors are able to purchase gifts from an international array of items from the Museum shop, as well as the delightful "Country Store", run by the Jesters, a fund-raising group of the Museum whose events are legendary. What a place to buy gifts for family and friends as the selection includes a vast array of Christmas wreaths, trees, ornaments, home-made jellies and jams, herb vinegars, baked goods, stuffed toys, aprons and handmade items of all descriptions. There will even be a

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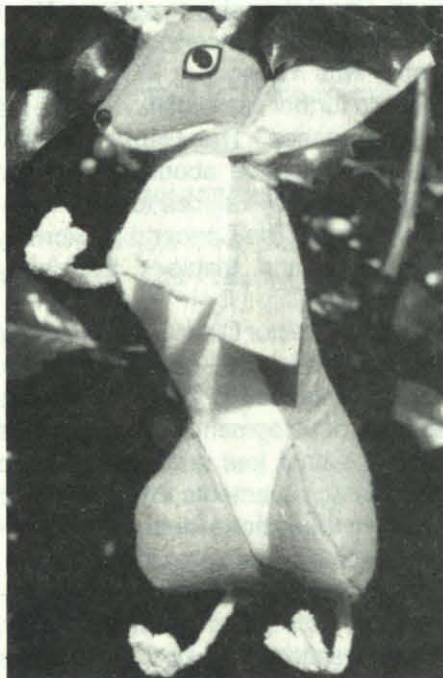


special children's boutique where the youngsters may buy reasonably priced items for those on their Christmas lists.

Once again, the charming "Mouse House" inhabitants in their tree stump home are ready to amuse you. A special Vision of Christmas tree past, lighted and decorated with hand-crafted ornaments designed from previous years and made in the Festival workshop will be featured. These ornaments will be available for sale. Wondrous Christmas dolls, complete with a holiday wardrobe packed in their very own trunks will enchant big girls as well as little girls.

The "Masters' Tree", over sixty works of art donated through the generosity of local artists, will be another outstanding feature. During the Festival silent bids will be recorded for individual creations, and on Sunday afternoon, December 3, a live auction will be held at 3:00 p.m. following a continental confection buffet. The prized miniatures and Christmas dolls will go home with the lucky winners.

Thursday afternoon, November 30, senior citizens are invited to enjoy a Christmas tea. Friday, December 1, military members and their families will share a special welcome, while on Saturday, December 2, Santa Claus comes to town and makes his first stop



at the Festival where he will delight the children. Additional entertainment will also be featured. Prior to the auction on Sunday, a continental confection buffet will be served from 10:30 a.m. to 2:00 p.m. Reservations are requested.

More beautiful than ever! VISIONS OF CHRISTMAS, 1989's special community tribute to the holiday season, is a delight for everyone. Proceeds from the Festival benefit the Monterey Peninsula Museum of Art. Chairman Gail Compton and her many talented "elves" have put on a show to remember. ■

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The Symphony Stimulating and Satisfying

by Michael Winter

Plans for the Monterey County Symphony Orchestra's 44th season — October 22, 1989 through May 15, 1990 in Monterey, Carmel and Salinas — have been announced. All aspects of the program have come together to create "a stimulating and satisfying season", one that is especially notable for its interesting line-up of brilliant performing artists and great works of art ever presented by the County Symphony.

The 1989-90 Season, filled with an international flair, begins with refreshing breezes from Scandinavian countries as represented by Nielsen's "Maskarade Overture" and the Symphony No. 1 by Sibelius for the opening concert of the Monterey County Symphony. These selections will be programmed with the fiery and majestic "Emperor" Piano Concerto No. 5 by Beethoven with Jean Louis Steuerman as soloist and Clark Suttle on the podium. Subsequent programs will feature Concertmaster Diane Nicholeris in Mozart's delightful Concerto No. 5. Other featured works will include Brahms and Dvorak, under the baton of Guest Conductor Philip

Greenberg, with Pianist Andrea Lucchesini in Concerto No. 3 by Rachmaninoff. Paganini's Concerto No. 1 will be performed by Violinist Christiane Edinger. Besides Rachmaninoff, Shostakovich's Symphony No. 1 and the Violin Concerto No. 2 by Prokofiev with Young Uck Kim as soloist will add further Russian flavoring to the varied season. The German contingent will also be abundantly served with Wagner's Preludes to Acts 1 & 3, "Lohengrin", The Concerto for Horn by Hindemith and Mahler's Symphony No. 9.

Music Director Clark Suttle conducts the majority of the season's concerts. Highly acclaimed for his performances and his development of the Orchestra over the past four seasons, Maestro Suttle's achievements are considered phenomenal among metropolitan symphony orchestras across the country. The County Symphony will also welcome to its podium guest conductor, Philip Greenberg, Music Director of the Savannah Symphony. Maestro Greenberg has won high praise for his performances with the Chicago Civic Orchestra and Detroit Symphony Or-

chestra; and he is recognized as a specialist in the realm of romantic music. He will be conducting the Monterey County Symphony for the first time.

Celebrated soloist violinist Young Uck Kim, who has "captivated music lovers around the world with the lush richness of his tone and artistic excellence", is returning to perform with the County Symphony this season. Other artists scheduled to appear with the Orchestra for the first time in all three locations include pianists Jean Louis Steuerman and Andrea Lucchesini; violinist and Carmel Bach festival favorite Christiane Edinger; also, French Horn virtuoso, Hermann Baumann noted for his appearance locally with the Carmel Music Society. The County Symphony's outstanding instrumentalist scheduled for solo performance in the course of the season is violinist Diane Nicholeris the Orchestra's concertmaster.

A complete listing of programs and artists for the Monterey County Symphony's 1989/90 season in Monterey, Carmel and Salinas, California follows.

GUEST ARTISTS:

JEAN LOUIS STEUERMAN, PIANO

PHILIP GREENBERG, Guest Conductor
ANDREA LUCCHESINI, Piano

DIANE NICHOLERIS, Violin

HERBERT BAUMANN, French Horn

CHRISTIANE EDINGER, Violin

YOUNG UCK KIM, Violin

PROGRAMS TO BE PERFORMED:

Maskarade Overture/NIELSEN
Concerto No. 5 "Emperor"/BEETHOVEN
Symphony No. 1, E Minor/SIBELIUS

Variations on a Theme by Haydn/BRAHMS
Concerto No. 3, D Minor/RACHMANINOFF
Symphony No. 8, G Major/DVORAK

The Wasps Overture/VAUGHAN WILLIAMS
Concerto No. 5, A Major, K.219/MOZART
Symphony No. 5/PROKOFIEV

Preludes to Acts 1 & 3, "Lohengrin"/WAGNER
Concerto for Horn/HINDEMITH
Symphony No. 9, D Major/MAHLER

Suite No. 3, D Major BWV 1068/J.S. BACH
Concerto No. 1, D Major/PAGANINI
Symphony No. 1/SHOSTAKOVICH

To Be Announced/BOLCOM
Concerto No. 2, G Minor/PROKOFIEV
Symphony No. 4, E Minor/BRAHMS

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by Marianne Bingham-Rowe, MS, MFCC

One of the keys for helping a child develop a positive self-concept is that he believes he is important within his family, he is encouraged to express his feelings and opinions, these statements are listened to by other members of the family and taken into consideration and his input counts in making family decisions. An effective forum for cultivating his sense of responsibility and belonging is regular family meetings. Through participation in these meetings, a child can not only come to recognize his own value and importance to the family, but also learn positive ways of resolving conflicts. He will be encouraged to be open and direct in dealing with problems and feel a sense of unity with his family while maintaining a definition of his own boundaries. It is, of course, up to the parents to set the positive tone of the meetings so that everyone is encouraged to participate. Disagreements should be discussed and worked through as well as differences in personality and opinion respected when a compromise is needed. While this may sound like a difficult task, it is possible by attending to a few guidelines, and the pay-off for these efforts for the individual and family can be tremendous.

The basic philosophy of positive family meetings is that at regularly scheduled intervals the family gets together to act as a group to solve problems, make plans, and share or command personal improvements and successes. It is crucial that the meetings focus on planning fun activities, such as outings or vacations, and highlight positive actions or contributions made by family members. If the meetings are centered solely around solving problems and dividing up chores, soon everyone will lose interest. A family may even choose to have every meeting include a "go-around" in which each person tells each of the other members one thing he did during the past week that he liked or appreciated; a statement such as "I didn't like anything Bill did,"

can be the stimulus for working out the tension between the speaker and Bill. "Sounds like you're pretty angry at Bill right now . . ." Within any family, all members are affected one way or another by the actions of each individual. Everyone is part of any given problem and everyone is part of the solution. Family meetings provide a setting for the group to begin solving their problems so that no one feels isolated, each being responsible for his own part of the system. This appropriate sharing of responsibility eliminates scapegoating and martyring, both of which are unhealthy for the individual and the family. Having input in the decisions that are made increases the desire to make them work; whereas having chores assigned, for example, can easily lead to resentment and passive or active resistance to doing them. If the meetings begin to become nothing but complaint sessions, input can be limited to only those who are looking for and willing to participate in solutions; the adults should also make sure that positive or fun items are included in the agenda.

The idea of having family meetings should be discussed with each family member, either individually or as a group; if the parents just decide to begin this tradition without a mutual agreement with the children, the idea can easily assume a negative, authoritarian tone; "Mom and Dad thought this up so I am probably not going to like it." Talking of family meetings with the children can point out the advantages. The first meeting can focus on planning a fun activity for the family. After a couple of meetings, as the process becomes more familiar and comfortable, more "difficult" issues can be addressed such as solving problems or assigning chores.

The set-up of the meeting itself can be formal or casual, whatever blends best with the personality of the family. It is important; however, that meetings be held at the same time, same day

each week (a time that everyone can be there), start and end at the agreed-upon-time, and proceed with the expectation that each family member will attend. If someone is absent, he must still abide by the decisions of those present. All family members over 2 or 3 years old can participate; the length of the meeting can range from 20 minutes to 1 hour, depending on the ages of the children and the length of their attention span. Each member has 3 basic rights: to speak, to be listened to, and to have 1 vote. These rights can be discussed at the first meeting and others added as the family decides. Each person is encouraged to speak for himself and discouraged from speaking for someone else.

The meeting can be run from an agenda that has been posted and added to throughout the preceding week. One person is designated as chairman; the adults and older children may assume this position initially to demonstrate how it is done. This role is rotated each week to a different person. The chairman is in charge of seeing that the participants' basic rights are met, starting and ending the meeting on time, maintaining the focus on the issue that is being addressed, and providing a summary at the close of the meeting of the decisions that have been made. It is most effective when the real issues in a discussion can be pinpointed and addressed. If the dispute is over power or control, "call it as you see it" so that the true problem can be resolved. Positive ways of resolving conflicts can be modeled and taught by using "I-messages"; that is, each person speaks in terms of his own feelings about a specific behavior without blaming or criticizing the "whole being" of the other person. For example, instead of saying "You're lazy," one's position can be understood through the statement, "I get angry

Continued on page 44

Rugrats

**I CAN'T TAKE IT
ANYMORE!**



Memories

by

Awhile back our pastor posed the question; "If you could choose a time to live, when would you choose?" Tempting question, it brings many things to mind. There were many answers given. As each one was given, I pondered the advantages and disadvantages. One answer was, in the Garden of Eden, before sin. This idea was appealing, no laundry! Another answer given was the turn of the century, early 1900's. The social gatherings were great, but the chore of laundry was a four letter word called "work". No thank you! Another suggestion was the 1950's. Times were carefree, and families and teens had the benefit of new technology. Laundry was still done with a wringer washer and hung on the clothesline. As I sat there in Sunday School class, I could not help thinking just how wonderful times are right now. When it comes to laundry, it is a breeze, as long as our "we'll replace it at the next duty station" washer/dryer are working. When they are broken, it is time to get to know the neighbors a little better. This is why I am writing this article. My neighbors are simply wonderful. Before I leave next month, I would like to share them with you, and to thank them for making La Mesa all it can be!

From the day we moved in I have felt at home here. When a family moves into our neighborhood, they are greeted with many welcomes, happy faces, lending hands and often a plate of cookies. What class! The welcome does not end there. We have our own hails. This is usually done with a neighborhood picnic. The perfect time to relax and let everyone get to know each other.

Our neighbors have put an added twist to the Navy Ball. Hors d'oeuvres are served at one of the homes before the ball. Last year it was completed

with a 1 a.m. breakfast at another home. The Navy Balls themselves have been very entertaining, with fourteen friends sharing the fun how could it be otherwise. I have been to three Navy Balls since we have been here. I do not think I have, or will ever, enjoy a formal occasion as much as the Balls

to discuss such matters as block sweatshirts? We have made the effort to get together often. Many times as I have talked about our neighborhood, I am asked where I live. That is answered with Shubrick Road close to the corner of Leahy. First they wrinkle their forehead a little then the light goes



have been here. And yes, we do get two tables together!

For the last year-and-a-half we as a neighborhood have tried to decide on a block sweatshirt, bearing proper resemblance to our character. The ballot is still out on this one. Many of you may be asking where we get such time

on: "Isn't that the place that gets together for bon fires?". My quick reply back is a firm "yes"! We would construct bon fires in a Weber grill and gather in one driveway to party. Of course there was wonderful food also!

We have also done foreign cuisine get togethers. Talk about good food. It

To Cherish

Connie Doner

is no wonder I grew in more ways than one. Progressive dinners were a lot of fun. What about those Friday afternoon "happy hours" just when the guys were getting home from school. It is true that most of our get-togethers were centered around food, but it provided the setting to build friendships that will last. It is the friendships shared that were most enjoyable. The children looked forward to Friday more than the adults. Hot dogs, chips, punch and a lot of play time seemed to meet their need just fine.

There was also scheduled time for the adults to play. We have enjoyed several rowing games of Pictionary to fill those quiet Saturday evenings. They were not so quiet when arguing broke out as to who got the answer first. It is fun to be reminded that we were once children and still possess a little of our young ways.

During the Christmas season, we women exchanged cookies and ornaments. We also shared wedding albums. How much fun, and what a way to get to know someone. We also got brave and went caroling with a couple of grandparents one evening topped off with some hot chocolate. There is nothing like sharing the season with others and seeing the joy that it brought to the children with us. For those who were on the receiving end of the carols, thank you for your patience and encouragement.

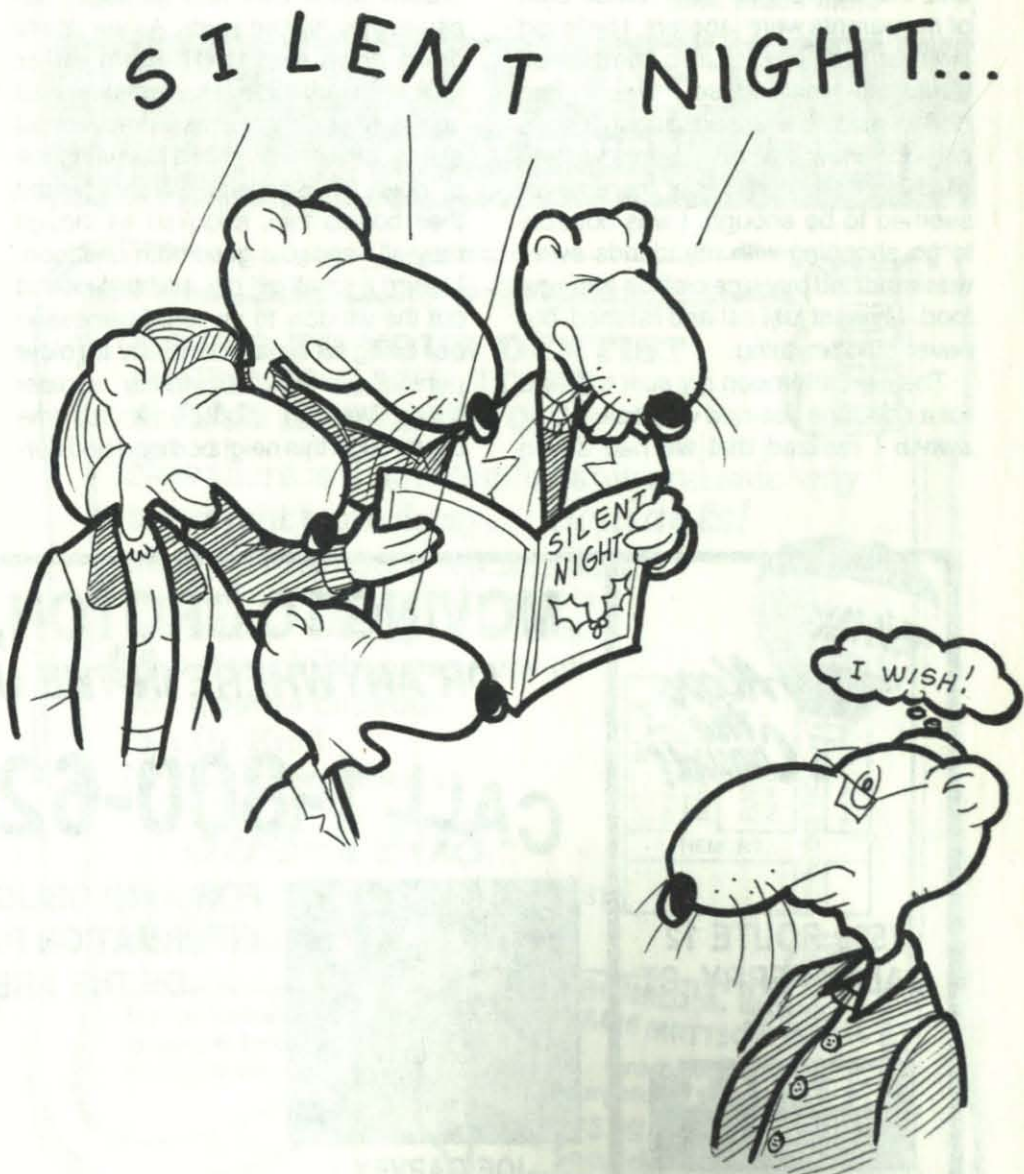
The neighborhood has not come without its problems. Two families lost mothers (grandmothers). It was encouraging to see a group of families love and support them and extend a helping hand. When it was needed, we all pulled together to help. Of course there were the typical children's spats, but we survived them too.

Since I do not have the permission to use names, I will not. For those who

I have written about, you know who you are. God chose each one of you to be my neighbors, and could not have been more on the button in his choice. I am so thankful for each one of you! I could not have asked for better neighbors. And by the way, when the truck is loaded, the washer and dryer are not going, can I borrow yours if needed?

For those reading who are not part

of our neighborhood, I invite you next time to slow down as you pass Shubrick and Leahy and take it in. It is up to each person to play their part in creating such a special neighborhood. There are a lot of good things to be said for living in La Mesa! I am thankful that I could be part of a special place. As I leave, these memories I will always cherish. ■



A Change in Perspective

by Joyce McGowan

When I was about 12 years old I visited my aunt and uncle who lived in a big city. These summer visits were special to me because I lived in a small farming town in Northern Minnesota. Minneapolis was a whole different world. I was forever doing and seeing unique and unusual things. A short afternoon ride changed my perspective on life completely.

One day I was explaining to my aunt how poor I was and why I felt that way. I told her that the town children considered the professional people as rich and the laborers as poor. Since both of my parents were laborers, I believed I was a poor child. I also complained about the small house I lived in and how I was embarrassed to bring friends home. I knew that my parents worked hard for their money, but there never seemed to be enough. I was not able to go shopping with my friends every weekend and buy nice clothes and junk food. My aunt just sat and listened, but never said anything.

The next afternoon my aunt took me for a ride. She seemed very quiet. After awhile I realized that we had driven

into an area I had never seen before. There were old abandoned houses and apartments that were lived in, but had broken or boarded up windows. Garbage was all over the streets and yards; broken glass and paper were everywhere. Several broken down cars with flat tires and missing pieces were sitting by the curbs and along side of houses. At first I did not see the people, but they were there. Teenagers were sitting on steps, staring into space. Children were playing in the road or on the sidewalks, among the broken down cars and garbage, because they had no yards. As we slowly drove down the street I got a closer look at the children. Most of them had on ripped or dirty clothes, some without shoes, others with shoes that were full of holes. Their faces were dirty and their bodies thin. It looked as though they all needed a good bath and food. I heard a small girl cry, and as I looked out the window to my left, I witnessed her being hit several times by an older person, perhaps her mother or older sister. We spent about 15 minutes driving through this neighborhood and dur-

ing that time my aunt remained silent.

When we got back to the house I asked my aunt why we went there. She told me to think about what I saw and then to think about the day before when I expressed my opinion about being poor. I began to think about my house, it did not have any broken or boarded up windows. It was a nice house; my mother and father took pride in their home. We had a nice, big green yard that was cut every weekend. My mother was forever pulling weeds from the flower beds or the garden. We had no broken down cars or garbage in our street. I had plenty of food and was able to take a bath everyday. My clothes, maybe not the newest fashion, were clean and not torn. The sad faces of those children came back to my mind, especially the little girl who was crying so hard. I began to think about what the words rich and poor really meant. To me rich was bigger, or nicer; or the more you had the richer you were. I was beginning to see that I was very rich compared to those people in that neighborhood. I realized that there are and always will be someone worse



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off than me. I felt I finally understood the difference between rich and poor. As I look back on that day I realize that the lesson my aunt was trying to give me was only the beginning, not the end. I now know that rich and poor does not just relate to materialistic things. It has to do with everything in my life, but most of all it deals with my beliefs and how I treat other people. I could have everything in the world but still feel poor if no one cared about me or loved me.

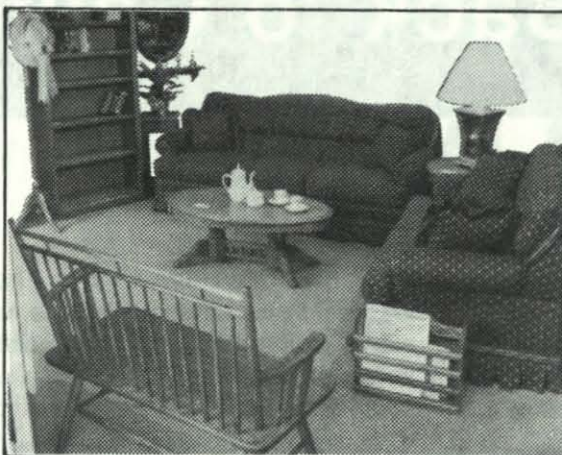
This experience, I think, has made me a better and more giving person. I try not to think of myself first, but of other people around me. When I start feeling sorry for myself, I look back on that day and remind myself how really lucky I am. I now do not throw away anything that is still useable, from clothes to furniture. I find some organization that collects things for the needy. My children have always donated to the food banks at school or church. When they were younger, I made sure they understood who the food was going to and why we were giving it away. During Christmas, I donate to the Toys for Tots program. I know that what I give are small contributions, but every little bit helps. I have also taught my children that they are never poor as long as they have someone who cares about them and loves them. ■

Muslim Services

Editor's Note: In the September/October issue of The Classmate we printed information about the Muslim Services which was incorrect. The following is the correct information regarding those services. We regret any inconvenience our error may have caused.

Muslim prayer services are held every Friday at 1:30 p.m. in the East Wing of Herrmann Hall in Room E518. Dr. Mohammad Abdual Bari is the Imam. For information call him at (408) 455-2321 evenings, or (408) 755-2871 daytime. All Muslims are invited to participate.

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Back to California

by Christie Bryant

My parting memory of California back in 1981 was of a lady carefully taking her clothes off, piece by piece, and hanging them on a tree. This occurred in the middle of the newly opened "Embarcadaro" in downtown San Diego. I was not impressed. So, when Michael told me we would be returning to California, my first reaction was, "Oh good grief, back to the land of semi-nudes and draped trees." I envisioned highways still filled with speed-crazed drivers, McDonalds on every other street corner and women in strange, colorful attire. I have not

been disappointed.

We have been here a month. I have learned! I now careen down the freeway with the other maniacs. I discovered that next to the McDonalds I could easily find two Wendy's, a Burger King, two fried chicken eateries and a baker's dozen of Taco Bell's. AND! The lady you see in the raspberry knit baggy jumpsuit is probably me. I learned to camouflage at an early age. I now feel very Californian. My friends back in Washington state would now eye me suspiciously and mutter dark comments about those weirdos down

south.

But, what can I say? "Hey! Welcome back to California!" My neighbors have been incredibly friendly. Old friends keep popping back into my life with welcome regularity. My worst fear about Postgraduate school has yet to be, hmmm, wait a minute. Where did they unpack my husband? I know I saw him here on moving day. Those unwashed black socks are not mine. I'll be back, just let me look under the computer. ■

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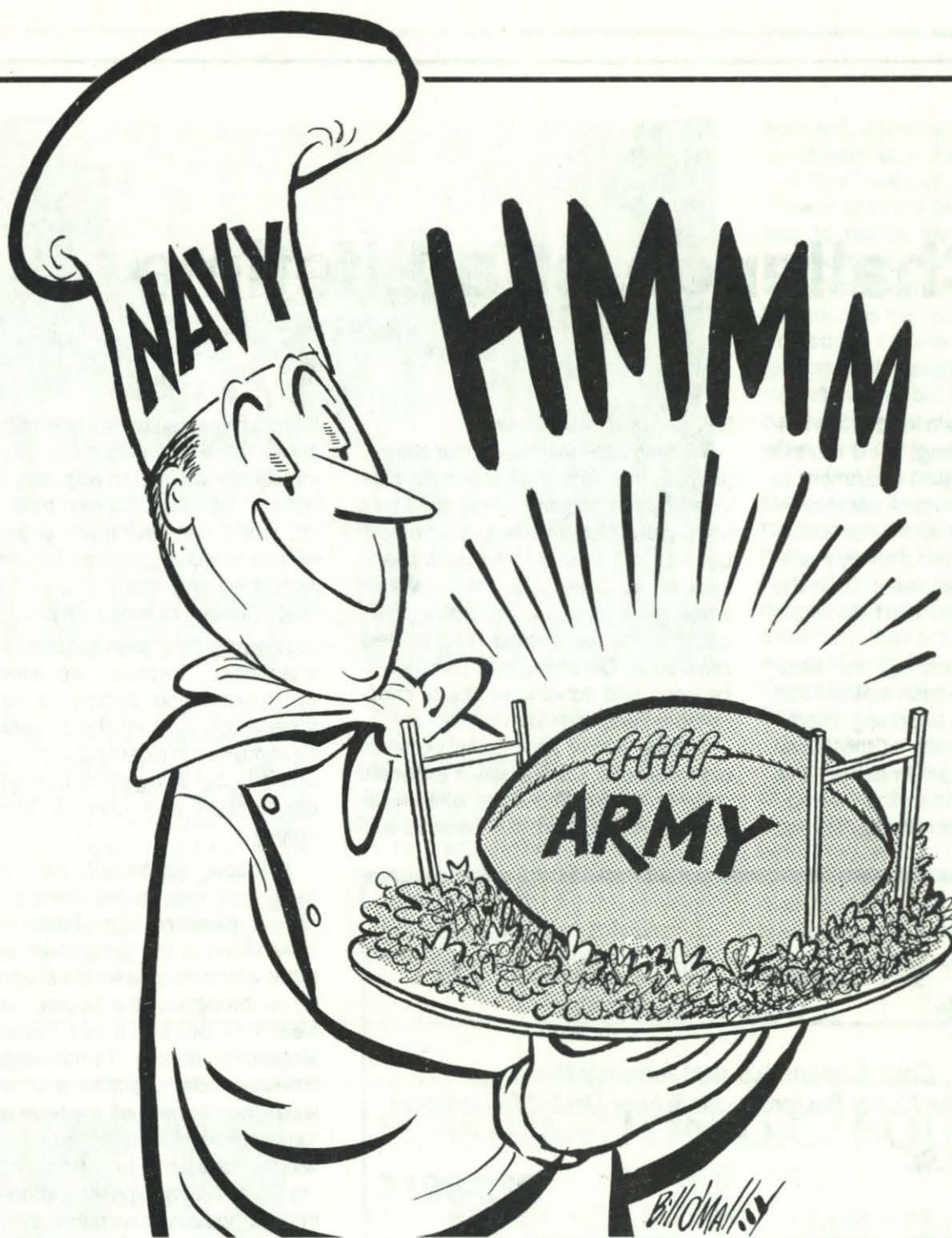


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Challenge of a Lifetime

by Caryn Mears

For eight years we'd lived in the fantasy of civilian housing. We'd run the gamut from living in an apartment to owning a new construction tract home. During that time, the earth tone accessories accumulated and a lovely model home atmosphere evolved. Then the Navy orders arrived and in bold letters I read, "Transferred."

Painstakingly searching the Monterey newspaper we soon realized that the American dream of owning a home was going to elude us at the Naval Postgraduate School. Prices in this area require more than the average military officer can qualify for, so into

Navy housing we moved.

Walking into the house of our choice, (actually the lesser of two evils provided by the housing office) the stark white glare of the walls overwhelmed us. All 1200 square feet of wall space seemed to beam with the washable white gloss enamel. Then the pitter-patter of little feet rocked us into a new realization. Carpeting was nowhere to be seen and echoing rooms of checkerboard linoleum surrounded us.

Moving into a new home presents complications, but we hadn't expected quite so many. The stark white walls could be eliminated, but the strict limi-

tations regulated by the housing office made the elimination more challenging. Since wallpaper was considered "illegal," I pursued the next best cover-up, fabric. Not having any experience with the starching method, I tackled the project with my trusty stapler. Presto-magic, I have covered walls!

The new floor plan required a vivid imagination. Because we eliminated two rooms in our transfer, a den and a bedroom, our furnishings needed to be combined in closer proximity. Within one day our living room furniture and den furniture were united in holy matrimony.

"Window treatment" had always been a phrase on the cover of some how-to magazine. Now, facing the wall of windows in the living room and ten other windows of assorted shapes and sizes throughout the house, "window treatment" became a term I was knowledgeable about. Terminology like traverse rods, priscillas and valance were soon flowing off my tongue. Fortunately, the military furnished antique window shades to prevent us from living in a fish bowl type atmosphere during our "window treatment" transition. However, it was six months before our neighbors saw curtains from the outside. It took me that long to get the window shades to hang higher than half-mast!

Investing a lot of money in furnishings for temporary quarters went against our philosophy. And consequently, very little money was spent on curtains, drapes or carpets, giving our domain an air of hand-me-down put togethers.

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stole. The patchwork quilt effect was created by each room having its own color of carpeting. A cozy brown for the living room shows every speck of lint and popcorn. The sculptured tweed in our room should have been in the living room and the kelly green color for the girls' bedroom will legitimately excite any caterpillar! But nothing compares to the kitchen.

Hating to mop, we decided to carpet the kitchen. Now our vacuum cleaner eats the discarded Rice Krispies and I'm spared the grueling task of scrubbing the sticky little things off the floor. The blue and brown patterned carpet that we chose for the kitchen perfectly concealed the grime, but when we put the green desk and orange kitchen accessories upon it, we created a mul-

ticolored phenomenon only seen in some Mad Max poster!

It only took one step out of a warm shower onto the Navy bathroom floor tiles to realize that carpeting for the bathroom was a must. But the most difficult concept to get used to in the bathroom is the lack of storage space. Someday, I'd like to meet the engineers that designed the Navy housing bathrooms, but I'm afraid I wouldn't be capable of controlling my emotions while I'm still living in military housing.

Our first Saturday arrived with a rude awakening. Two little girls, wearing mom's high heels, made fifteen feet of hallway sound like fifteen feet of the Kentucky Derby. When our neighbors moved out and informed us they were discarding their wall-to-wall carpeting, we confiscated their hallway runner and added a few extra winks to our Saturday slumber.

Furnishing military quarters can be the challenge of a lifetime. Our glaring white walls have been muted and the checkerboard linoleum floors have been covered and quieted. Now, after almost two years here, we are anxiously awaiting new orders. My biggest fear is that Uncle Sam may provide us with this challenge of a lifetime, again!



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First La Mesa Thanksgiving

by Leigh Garner

This summer our family was one of the many new arrivals to La Mesa. As we end our seemingly endless summer of pulling inventory stickers off furniture and building a moving box palace for the kids in our backyard, I have paused to make a small list of what I am most thankful for in La Mesa this fall.

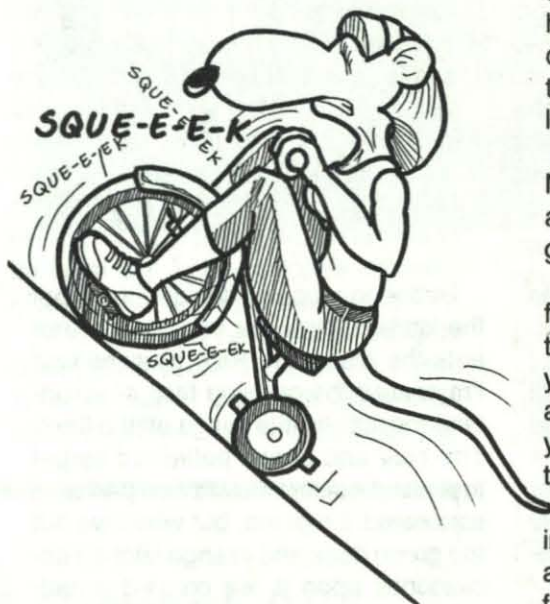
First, I am thankful that the housing office did not film me groveling at the feet of the housing director. It was not a pretty sight. At any rate, this reduction of my self-respect worked. We did not have to wait for housing and for this I am most thankful.

This year I am also thankful that championship wrestlers have employment after retirement. They are called movers and packers. The atomic pile drives they maneuvered on my bedroom dresser will last a lifetime.

I am thankful for the little man at public works who runs from home to home in La Mesa with his little bottle of bright red finger-nail polish painting lines on

the temperature dials of our "modern stoves". This makes guessing just so much easier.

I am thankful that my husband's



computer is not a wild blonde with a great set of legs. With all the time he spends in a locked room alone with her I could be in big trouble.

Here in La Mesa we have handy little signs to hang in our windows when we have dry-cleaning that needs to be done. A wonderful lady stops by and takes these excess chores away. Believe me, I am thankful.

I am also thankful for the pizza store. Not only is the pizza quite good but I always know where to find a security guard if I need one.

Which reminds me, I am very thankful for bicycle locks. If you do not use this necessary item here in La Mesa, your mountain bike will be stolen. It is a long ride up La Mesa's steep hills on your toddler's trike, but if push comes to shove . . .

And finally, I am truly thankful to live in a place with such caring people who are fast becoming new friends. I have finally arrived, La Mesa! I love it. ■

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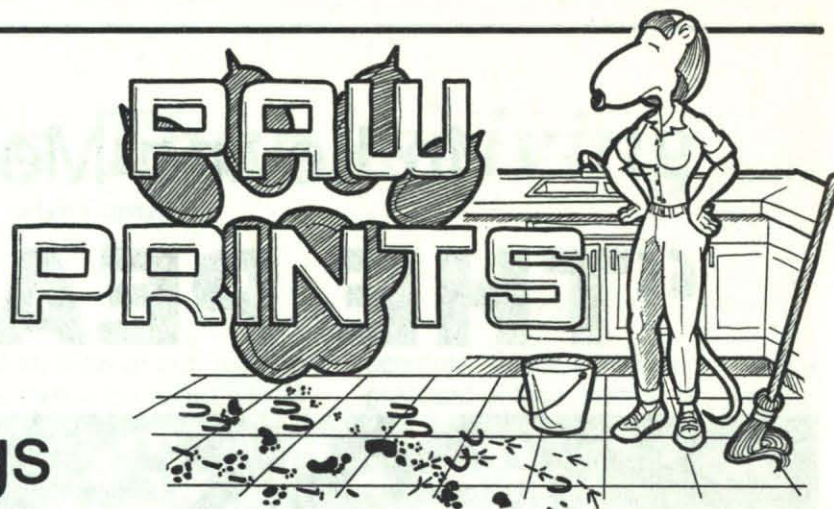
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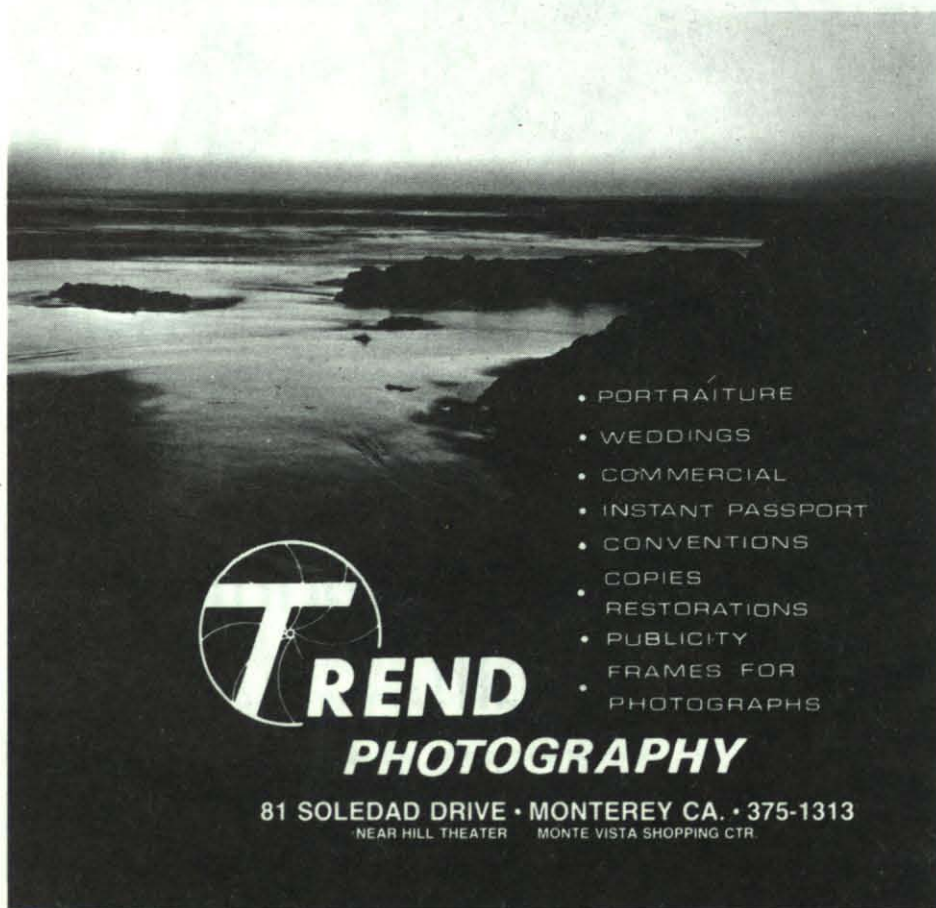
Small Blessings

by Nancy Lawson

Not too long ago I visited a friend in the hospital on the occasion of the birth of her first child. The baby was adorable, but as I stood looking threw the glass into the nursery I could not stop the tears that were welling in my eyes. As happy as I was for my friend, I was feeling a little sorry for myself. My husband and I had been married twelve years, but had never been blessed with our own "little bundle of joy".

About a year later, after enduring all the infertility tests only to find nothing wrong, I was feeling particularly blue. Another year had passed and still no "little bundle of joy". My husband suggested that we take in a movie to take my mind off my problems. The movie was at the mall, so after it was over we decided to have dinner. As we left the restaurant I suggested that we go by "Doctor Pet" to look at the pup-

pies. We both love dogs so my husband eagerly consented, anything to keep me from mooping! As we walked into the pet store, we scanned the wall of endless cages. It was always a hard choice deciding who was the cutest. That evening an adorable brown and white sheltie caught my eye. "Isn't the sheltie adorable!", I said to my husband. He considered that little bundle of energy for a moment and replied, "Yes, why don't you see how much it costs?" I thought to myself that I must be hearing things. We had made this trip to the pet store hundreds of times before and had never considered buying so much as a bone, let alone a dog! Who in their right mind would buy an animal from a pet store? They almost always cost more than if purchased threw a breeder, and they often have health problems due to their questionable upbringing in the "puppy mills". Oh well, I knew I had heard him correctly so I found a salesman and asked the dreaded question, "How much?". After hearing the answer I returned to my husband who by now had his nose buried in a book about shelties. He was learning all about their temperament and how big they would grow when he was startled by the answer he was waiting for. "It's a female and she's \$500. Are you ready to go home now, I'm tired." He replied, "In a moment dear, I want to read a little more." What for I thought to myself, who would pay such a price for a dog? As I became restless waiting on my husband, the salesman took the sheltie out of its



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cage for the customers to pet. I think the salesman sensed he had a pigeon within his grasp. Once out of her cage I could not resist a chance to hold her, but I did so with the firm resolve to give her back. I carried her to my husband who was now ready to leave, unfortunately I was not. After thirty minutes of playing with this little bundle of energy, we showed great restraint by giving her back to the salesman and heading for home. All the way home we tossed around the pro's and con's of acquiring another dog. We could find few good reasons for adding to our family, but despite that fact, and with my husband saying, "It's against my better judgement!", we piled back in the car and headed for the mall. One hour later, with our pockets \$600 lighter, we emerged from the pet store with our own "little bundle of joy"!

Puppies like babies need lots of attention and patience, as well as being a lot of work for mom. It had been 12 years since our son had been a puppy and I had forgotten how much work housebreaking can be. As much as we love Patches, now 14 years old, Matilda has touched a special part of

our hearts. She is a very well mannered, well behaved child. She also has a wonderful personality! When we return from work after a long day there is no mistaking that we were MISSED. She gets so excited. Patches is happy to see us, but he never got that excited.



Just as children learn from example, so too does Matilda. Big brothers have a big influence on little sisters and so

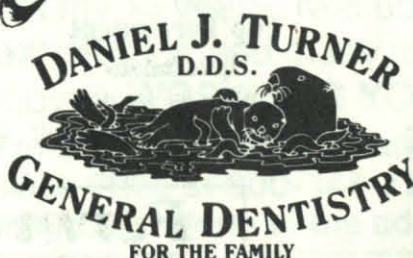
it is with these two. Patches has never liked eating alone, so he will pick up two or three pieces of dog food and bring them to where ever we are at. He will then drop them on the floor and proceed to eat them one at a time. Matilda picked up on this trick very quickly but she thinks if two or three is good, then six or eight pieces of food is great! Another thing she learned from Patches was how to bark. As strange as that may sound, it took her six months to find her voice.

As this season of giving thanks arrives, I count Patches and Matilda as two of my blessings. I have come to accept that children may not be in our future, so I am eternally grateful for the children I have. They may have four legs, wagging tails and wet noses, but they could not be any more a part of our family. They have kept me company threw many deployments and made my home more than just an empty house to come home to when my husband was away. Though they may be "**small blessings**", when I count my blessings this year Matilda and Patches will be near the top of my list!

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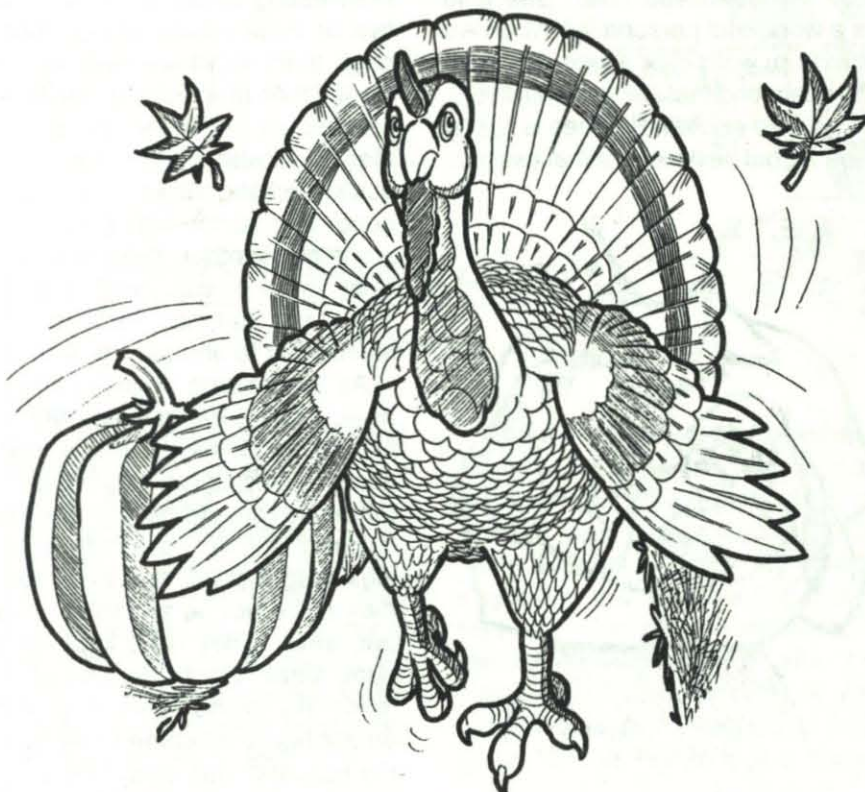
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The Gobble Advisor

by Lydia Ariaudo-Gragg



Dear Gobble Advisor:

Last Thanksgiving my wife bought a turkey out on a turkey farm. When she brought it home it was still alive. Naturally I was a little startled when I saw him sitting in the back seat staring out the window. She insisted on starting from scratch. As she carried him into the kitchen she said, "This is how the Pilgrims did it," as she knocked him out cold. Incidentally this is where the phrase 'cold turkey' was derived.

I was sort of proud because she seemed to know what she was doing. However I felt a little uneasy when she de-feathered him. The feathers were flying all over the kitchen and dining room. When I tried to speak a few feathers flew into my mouth almost causing me to gag. Our kitchen was a total mess. The kids walked in and begged to spend Thanksgiving at Chef Lee's. This hurt my wife's feelings, but who could blame them for not wanting to stay? Here was the ugly featherless turkey sprawled out on the kitchen counter and my wife was slipping a size small outfit on it's deformed body. I tried to tell her that she was using the wrong DRESSING. I explained how she should stuff the turkey. She only snapped at me and insisted that she knew what she was doing and that her mother had done this for years.

I refrained from arguing with her and set the can of yams on the table along with the can of cranberry sauce.

I wanted to call her mother and tell her that her daughter was destroying the turkey, but I knew I would not be able to reason with her until the year 2000 when they would release her from the Plymouth Mental Hospital. After vacuuming the whole house because the feathers had floated into the hallway, bedrooms and bathrooms I asked if she needed assistance in placing the turkey in the oven. She shook her head and turned the dial on the oven to BROIL. She claimed she had lost time and needed to speed things up because the guests were arriving in less than two hours.

I pulled out the Marie Callendar pies from the refrigerator and drooled pro-

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fusely on them for a few minutes. I would surely give thanks to Marie.

Just then the doorbell rang. I hesitated because I knew my wife was struggling to get the turkey out of the oven. It had broiled to a fine black. I greeted our guests and as we walked past the kitchen we caught a glimpse of my wife crawling on all fours and picking up turkey pieces. She had dropped it and it had split in two. I could hear her mumble a few choice words under her breath. They were words you would never find in the Oxford-American Dictionary. I told the guests not to worry because the floor was clean. They said they did not object because they were vegetarians.

As we started to sit down to this unusual dinner the doorbell rang. I knew we had not invited anyone else. My wife's father had committed suicide two Thanksgivings ago. Last Thanksgiving Uncle Mac choked on the dressing. Fortunately they were able to save him after they removed the zip-pers and buttons that were lodged in his throat. My parents prefer ham on Thanksgiving. Who could it be?

My wife jumped up from her seat. "It's the Laguna Indians, go let them in," she shouted. To make a long story shorter, no one touched the turkey, however, Sitting Bull and Long Neck had thirds on Marie's pies.

I love my wife but I do not want to hurt her feelings. Once again we are approaching Thanksgiving. All our friends have made ridiculous excuses to avoid eating her turkey. It seems like all our friends... and we don't have many... are going to Palm Beach, Florida, for the holidays. What a coincidence. Our kids have pre-arranged to have dinner with their grandparents and insist on staying there for a week until all our turkey scraps are gone.

Dear turkey advisor, I cannot bear another Thanksgiving disaster. Please advise me.

Signed,
Thankless Hal

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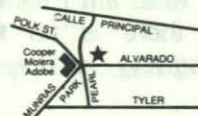
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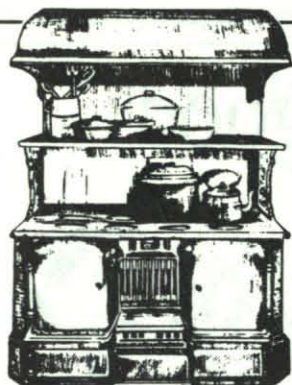
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NAVY BLEU

by Nancy Lawson

The children have all arrived home safely, my doorbell has **FINALLY** stopped ringing and at last I can turn off my porch light. Halloween 1989 is over! Ahh, all the work is over, now I can finally relax! Zzzz, Zzzz, Zzzz . . . WAIT, what am I thinking! I can not sleep, there is no time to relax, Thanksgiving is only three weeks away!

Like most Thanksgiving cooks I plan for weeks assembling the *perfect* dinner. I count on twenty people dining so

I buy the biggest turkey I can find usually weighing at least 50 pounds and only five people show up! Once we have feasted on my *perfect* dinner, I am left with 49 pounds of turkey leftovers. One can only eat so many turkey sandwiches so to save our sanity I have consulted "CALLING ALL COOKS, by the Telephone Pioneers of America, Alabama Chapter #34" or as I lovingly call it, "My Never Fail Cookbook!" I use this book often as the recipes always work! My husband is eternally grateful to the giver of this gift, for without this jewel of a cookbook he would have died of food poisoning long ago. The following are a few ideas on how to deal with all those pounds of turkey leftovers. When you get sick of turkey, you might try deboning what is left of your turkey and freezing it for later use.

TURKEY CRUNCH

1/2 cup turkey broth (chicken will do)
2 cans cream of mushroom soup
4 cups diced, cooked turkey
1 can sliced water chestnuts
1 cup diced celery

1 (3 oz.) can chow mein noodles
1/3 cup toasted almonds
1/4 cup minced onion

Blend broth into soup in a 2 quart casserole dish. Mix in remaining ingredients except almonds. Bake at 325 degrees for 40 minutes. Before serving, sprinkle with almonds. Note: Instead of the chestnuts you may substitute 1 1/2 cups chopped celery.

TURKEY CASSEROLE

1/4 cup butter
1 cup hot chicken broth
1/2 cup heavy cream
1 pkg. broccoli spears
(run under water and separated)
Salt and pepper to taste
1/4 cup flour
1 1/2 cup hot milk
1 1/2 cup white cheese shredded
4 cups chopped cooked turkey
Dash of paprika

Place separated broccoli in the bottom of a large casserole dish. Arrange turkey on top of broccoli. Set aside until sauce is ready.

Melt butter: stir in flour, add chicken broth and milk. (Warm them together

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in the same pan before adding to flour, it works better and is less mess.) Cook over moderate heat, stirring briskly until sauce is smooth and thick, this will happen very quickly! Stir in cream and cook three minutes stirring constantly. Add cheese, salt and pepper. Cook slowly until the cheese is completely melted, this won't take long. Pour sauce over turkey, then sprinkle with paprika. Bake at 325 degrees for 25 to 35 minutes, or until bubbly. This dish is delicious and can be made the night before for popping in the microwave the next afternoon. Cook about 8 to 10 minutes on high. This is also an excellent recipe for white sauce.

EASY TURKEY DIVAN

2 (10 oz.) pkg. frozen broccoli
4 cups diced, cooked turkey
2 cans cream of chicken soup
1/2 cup shredded sharp cheese
1 Tbsp. melted butter
1 cup mayonnaise
1 tsp. lemon juice
1/2 tsp. curry powder
1/2 cup bread crumbs

Rinse frozen broccoli under warm water and pull apart in stalks. Arrange in greased 10 x 10 inch baking dish. Place turkey on top. Combine soup, mayonnaise, lemon juice and curry powder; mix well and pour over turkey. Sprinkle with cheese. Combine crumbs and butter; sprinkle over all. Bake at 350 degrees for 25 to 30 minutes. Serves 6 to 8.

I hope these ideas help you solve your problems with those turkey leftovers. If however, you are not the sort that wants to spend any more time in the kitchen after the perfect dinner is

finished, then consider this solution. Debone turkey, mix liberally with animal food and FEED IT TO THE DOG! You will make a friend for life!!

EDITOR'S NOTE: Copies of the "CALLING ALL COOKS" cookbook may be ordered for the price of \$5.00 each, plus \$1.50 handling per book. Mail your request to:

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Dress It Up

by Connie Doner

Here is an idea I found in a 37 cent pamphlet that I thought was cute and well worth mentioning. The holidays bring times of dressing up. The problem is that to add to the wardrobe takes dollars. Those dollars though, are going to be used, yes, for those wonderful gifts under the tree. Well have no fear, here is the way to have a beautiful collar of your choice for under \$10.00 and very little of your time.

Supplies needed:

Napkin or placemat of your liking
Pencil or marking pen that fades
1/4" double-folded bias tape
Scissors

Iron and board

Small snap

My biggest problem was finding a napkin I liked. I can suggest antique stores, if you are looking for old linen cloths. I did find a very small selection at Macy's. I found the jackpot though, at Emporium-Capwell in Northridge Mall in Salinas. I would recommend you be adventurous in your looking, and find just what you want. Napkins will run about \$4.00 and placemats about \$6.00. Price will depend on what you are looking for. I was fortunate enough to find some on sale and went wild!

Some of the things I purchased were

cotton linen, printed linen and woven napkins. I found a Christmas napkin that was woven with red and green threads and a touch of gold threading for the Christmas parties coming up. I felt it would be nice with one of my sweaters. Crocheted linens can be used also, but may have to be sewn by hand depending on how delicate they are. There are so many different linens you can use, it can be a little overwhelming!

If your linen is sheer enough you can lay it over the pattern given and trace the bold lines. If not, you will need to use tracing paper and a tracing wheel. To mark the center of your linen (if it is a square napkin), fold napkin in half, making a triangle, making sure corners are matched. Repeat with opposite corners. This will cause a point to be down in the front. If you want a square collar, then fold in half both ways, matching corners to make rectangles. If you are working with a placemat, determine your drop and place what will be the center edge on the neck line, and place this point on center point of neckline on the pattern. After tracing your pattern, cut along the line.

Take and sew bias tape around the cut edge, leaving a 1/2" piece extending from the back edges. Fold under the bias tape extending from the back edges. Then press under all the bias tape so none is visible from the outer view of the collar. Top-stitch. All that remains is to attach a snap to the back upper corner of the collar.

This whole process will take less than a half-hour, and will give you many hours of enjoyment. What a neat way to dress up that special dress or sweater.

Enjoy and Happy Thanksgiving! ■

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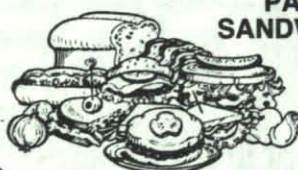
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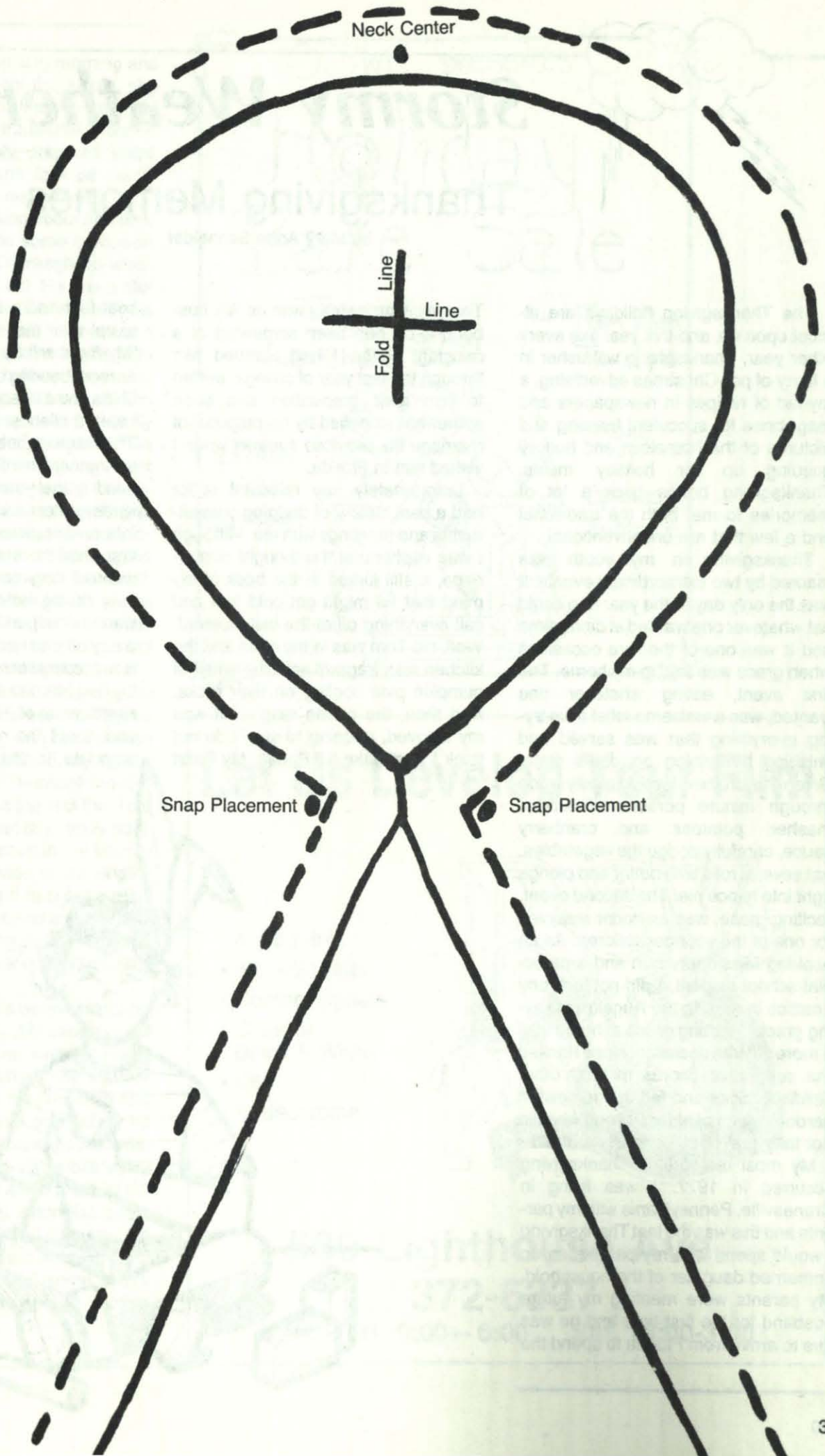
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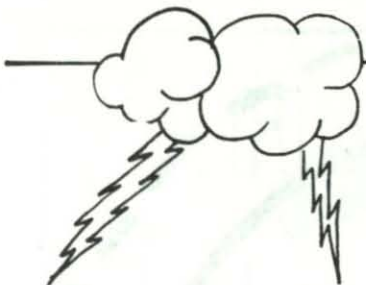
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Thanksgiving Memories

by Mary Anne Schneider

The Thanksgiving holidays are almost upon us, and this year like every other year, Thanksgiving will usher in a flurry of pre-Christmas advertising, a myriad of recipes in newspapers and magazines for succulent feasting and pictures of the homeless and hungry queuing up for holiday meals. Thanksgiving brings back a lot of memories to me, both the traditional and a few that are unconventional.

Thanksgiving in my youth was marked by two extraordinary events. It was the only day of the year one could eat whatever one wanted at dinnertime and it was one of the rare occasions when grace was said in my home. The first event, eating whatever one wanted, was a welcome relief from trying everything that was served and finishing everything on one's plate. Given this druther, I would gladly wade through minute portions of turkey, mashed potatoes and cranberry sauce, carefully dodge the vegetables, eat several rolls with butter and plunge right into mince pie. The second event, reciting grace, was an honor reserved for one of the younger children. As an aspiring Missionary nun and a parochial school student, I did not lack any practice in reciting the Angelus or saying grace. Reciting grace at home was a more solemn occasion, since I lacked the supportive chorus of forty other childish voices and felt the somewhat sardonic gaze of older siblings who did not take prayer as seriously as I did.

My most memorable Thanksgiving occurred in 1977. I was living in Cranesville, Pennsylvania with my parents and this was the last Thanksgiving I would spend with my parents as an unmarried daughter of the household. My parents were meeting my future husband for the first time and he was due to arrive from Florida to spend the

Thanksgiving holiday with us. My husband-to-be had been somewhat of a reluctant suitor. I had pursued him through the last year of college, written to him after graduation and been somewhat stupefied by his proposal of marriage the previous summer when I visited him in Florida.

Unfortunately, my reluctant suitor had a past history of dodging commitments and meetings with me. Although I was euphoric at the thought of marriage, it still lurked in the back of my mind that he might get cold feet and call everything off at the last moment. Well, old Tom was in the oven and the kitchen was fragrant with the smell of pumpkin pies cooling on their racks. And then, the phone rang . . . It was my beloved, phoning to say "I do not think I can make it." Pause. My heart

beat fast and a sinking, angry feeling swept over me. He laughed and said, "My flight will be leaving on time." He arrived, bearing oranges, grapefruit, T-shirts and a beautiful engagement ring. I said a silent prayer of thanks at that Thanksgiving table.

Another Thanksgiving that comes to mind is the year my daughter was in kindergarten and my son was still an infant. My husband had reported to his first ship the summer before and he worked long hours and often pulled duty during holidays. We looked forward to that particular Thanksgiving as a day off and had not made any elaborate preparations for dinner. My daughter had learned all about the historical significance of Thanksgiving at school and about the culinary traditions appropriate to the holiday. When she



awoke that Thanksgiving morning and checked the oven for the turkey, she was disappointed to find we were not celebrating in the traditional manner. My husband hastily prepared some pumpkin muffins and took us out to dinner at a nearby restaurant.

Speaking of learning about tradition, my son experienced some confusion about celebrating Thanksgiving when he was three years old. He was a student at the nursery school where I was teaching and was more interested in blocks and outside play than he was in art projects and holiday songs. He "decided for being Indian" at the Thanksgiving feast and had dutifully constructed a "Pilgrim Flower ship." On the day of the Thanksgiving feast numerous parents videotaping the historic event recorded him marching to the beat of a different drummer; an Indian with a headband of bedraggled feathers slightly askew on his head, playing with the wooden blocks on the shelf behind him while the rest of the nursery school class solemnly sang their program of Thanksgiving songs.

Three years ago at Thanksgiving my mother and father travelled to Virginia to spend the holiday with me because my husband was deployed. My mother prepared the entire Thanksgiving dinner, grumbling about the fact that I did not have a turkey pan or a gravy boat. I resented her presence in my kitchen and her apparent ease in the lengthy preparations required to put the meal on the table. My husband is usually the cook at Thanksgiving and other major holidays. I have never cooked a turkey on my own.

This year I am sure we will celebrate in the traditional way. My daughter will find a turkey in the oven when she awakens early that morning. My son will be glad to observe the Thanksgiving tradition of choosing only what he wants to eat. The reluctant suitor who became my husband will probably prepare the entire meal and although I will miss being with my extended family during the holidays, I will offer my own thanks for the particular blessings that are mine this year and some of my warmest memories from other Thanksgivings. ■

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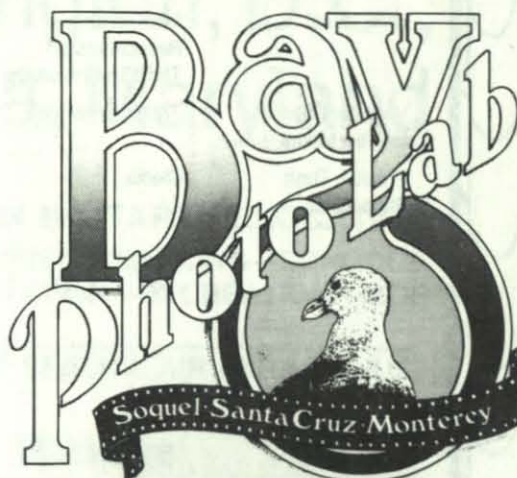
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VOLUNTEERS

Organization	Position	Hours Per Week	Contact	Child Care Paid
The Classmate	Feature Writer Write articles as assigned by editor.	2	Editor SMC 2330	No
The Classmate	Columnist for: Navy Bleu Hammer & Thread Life Among Ruins Vineyard Vignettes Peripatetic Palate	2 Monthly Recipe column Monthly Craft Projects column Monthly Tongue and Cheek column about life in La Mesa Monthly Review of local Vineyards Monthly Restaurant Review	Editor SMC 2330	No
The Classmate	Photographer 35mm camera, film and developing provided	3	Editor SMC 2330	No
The Classmate	Assistant to the Editor	2	Editor SMC 2330	No
The Classmate	Production Assistant	2	Editor SMC 2330	No
Note: If you are interested in any of the above positions, you may also contact the editor at the next Classmate meeting; Tuesday, December 6, in the Tower Room of Herrmann Hall.				
Navy Relief	Interviewers Receptionists Thrift Shop Workers	As much as you can give	Jennifer Church 373-7665	Yes Yes Yes
Volunteer Nurses for New Moms	Training Provided	As needed	Col. Squires 242-0366	No No
Presidio Thrift Shop at DLI	Clerks	3 hour shifts	Veneta Heyl 375-5071	Yes

Editor's Note: The volunteer page will become a monthly feature of *The Classmate*. If you need volunteers for your "non-profit" organization send your name and a description of the position to *The Classmate* Editor, SMC 2330, prior to the 30th of the month. It will be included in the next edition of *The Classmate*.

Restitution in Full

by Senator Henry J. Mello

Senator Henry J. Mello (D-Watsonville) announced that the Legislature has given final approval to his Senate Bill 881 and sent it to the Governor's desk. Mello's legislation eliminates an existing \$10,000 restitution "ceiling" in current law, thus allowing the courts to impose full restitution to criminals convicted of economic crimes such as theft, extortion, and embezzlement, among others. Mello said, "Senate Bill 881 will ensure that criminals convicted of economic crimes will be forced to pay back to the innocent victim the entire amount of money stolen from them, not just up to \$10,000." Mello added, "The removal of this arbitrary restitution 'cap' in current law will, therefore,

prohibit criminals from keeping that portion of a victim's money that exceeds \$10,000. In my view, it is absolutely irresponsible to continue to allow criminals to keep whatever they have stolen in excess of \$10,000. I am pleased that the Legislature has agreed with me that this legal loophole needs to be immediately closed."

Mello's legislation is sponsored by the Monterey County District Attorney and is an outgrowth of a recent case successfully prosecuted in Monterey Superior Court. On July 3, 1989 the Court convicted George Jercich of stealing \$900,000 from 20 victims through an investment scam. Jercich was sentenced on August 30th to 8 years in

state prison. Because of current law, the Court was only legally able to require that \$10,000 in restitution be paid to the victims, which would then be divided between them. In addition to the Monterey County District Attorney, Senate Bill 881 is also supported by the County of Monterey, the California District Attorney's Association, the California Probation, Parole and Correctional Association, and the State Controller.

Mello's legislation will send a clear and important message to criminals that California's prosecutors and judicial system are determined to force them to pay back to the victims every nickel they have stolen. ■



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Living with Children

Continued from page 20

when you don't bring the dishes to the sink after dinner because then I have to spend more time cleaning up." Reflective listening, or focusing on and stating the feeling that is being expressed, enhances the discussion by letting the speaker know she is being listened to and understood; for example, an appropriate reply to "I have to do more work than Ellen" might be, "You're feeling resentful about the jobs you have." In solving specific problems, ideas for solutions should be brainstormed first and evaluated later. That is, a list is generated and written down and every possibility brought up with no discussion until later of the pros and cons of each idea, this diminishes the probability of a person feeling discouraged because his first suggestions were shot down. Children should be encouraged to state their ideas first, with the parents offering suggestions later if necessary. After the possibilities

have been verbalized and noted, a discussion of the advantages/disadvantages of each can lead to a decision about which solution to try. It is advisable to shoot for a decision that everyone can live with rather than setting a competitive tone through voting. The decisions made at each meeting will be evaluated at the beginning of the next meeting and changes can be made if agreed upon. It is helpful that discussions about solutions be limited and adjustments made solely following family consensus. The natural consequences of having to stick with an agreed upon solution for a week is much more powerful than a veto from an adult saying "That won't work." By keeping and posting minutes of each meeting, disagreements about what was decided can be minimized. Younger children can be the secretary by being in charge of tape recording the discussions. After the meeting, the family may choose to spend more time together playing a game, going for ice

cream, or another activity that reinforces the positive feelings of being together as a group that functions as a unit while respecting the value of each individual.









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Marianne B. Rowe is a licensed therapist who specializes in working with children and families. In addition to her more than 10 years' experience as a therapist, she has been a preschool and elementary school teacher, a consultant to hospital and educational staff, and a camp counselor for children with severe behavior problems. She is presently in private practice with offices in Monterey and Pacific Grove.

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